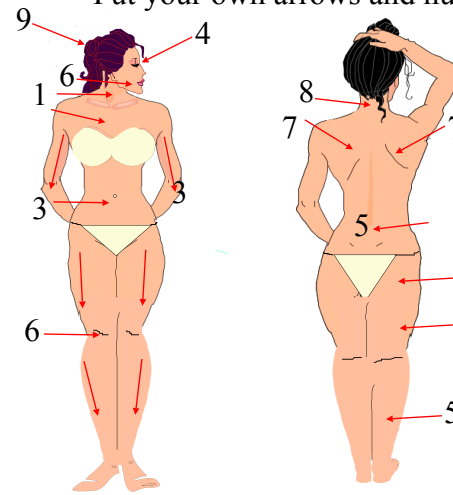


Week beginning

Pain Diary

Use the scale below to show how your pain effects you each day.
Put your own arrows and number for your individual needs

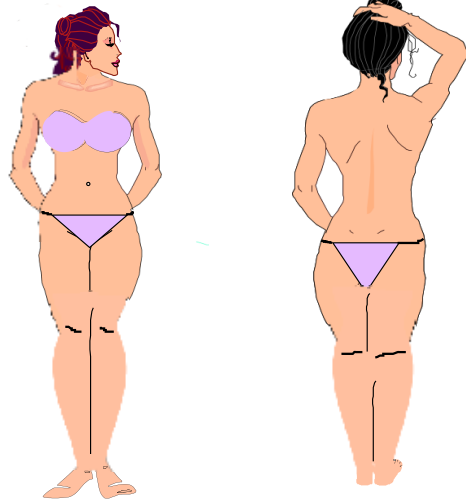


Your notes

Terrible pain in neck which lead to migraine.
Terrible fatigue today
Brain fog
IBS able to cope.
Insomnia till 3am

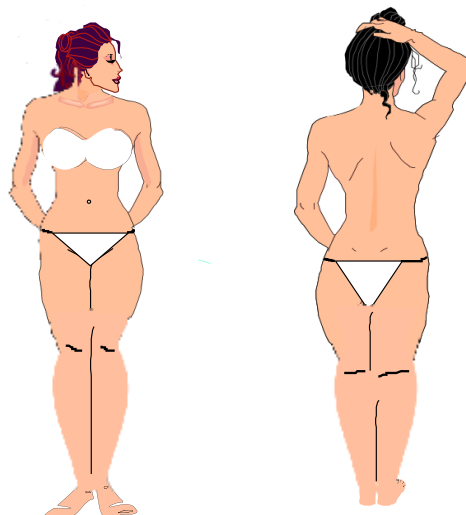
Where do I hurt today

Notes



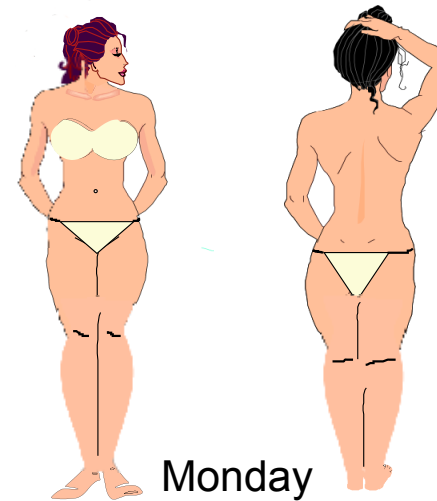
Saturday

Notes



Sunday

Notes



Monday

