

Pain tips tracker

To help you manage your pain



Having problems with pain? There are things you can do to manage your pain day to day. Use this form to record the things you are doing - maybe try something different to see if it helps.

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|----------|--------|
| Had a good night's sleep | | | | | | | |
| Did some exercise | | | | | | | |
| Paced myself, taking rests between activities | | | | | | | |
| Changed activities regularly to reduce strain | | | | | | | |
| Had some social time | | | | | | | |
| Did something I enjoyed, just for me | | | | | | | |
| Ate healthy food | | | | | | | |
| Drank plenty of fluid, preferably water | | | | | | | |
| Took pain medicine for acute pain if needed | | | | | | | |
| Used distraction to help with pain, eg, puzzles, watched TV, talked to a friend, read a book, went for a walk | | | | | | | |
| Used non-medicine techniques to help with pain, eg, hot water bottle, bath, massage | | | | | | | |
| Did some relaxation breathing or mindfulness | | | | | | | |
| Tried to stay positive and believe I could manage my pain | | | | | | | |
| My overall pain level today 1-10 (1 = low and 10 = high) | | | | | | | |
| How well I did with managing my pain today 1-10 (1 = not well, 10 = very well) | | | | | | | |