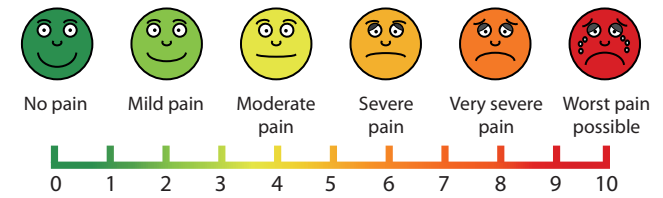


# Pain Diary

Use this pain diary to record details of your pain and what you did to manage it each day.



Date & Time	Pain location	Pain rating	What were you doing when the pain started or increased?	What made your pain worse?	What helped to ease your pain?