

Pain Report

Created on 12.09.2026, Sat · Period: Last 3 months

Summary

Period 12.06.2026 to 12.09.2026. Evaluated: Headache, Back pain, Knee pain.

93 / 93	372	5.2
Days documented	Entries	Avg. intensity
0	2.0 – 9.0	93
Pain-free days	Range (min–max)	Longest streak in days

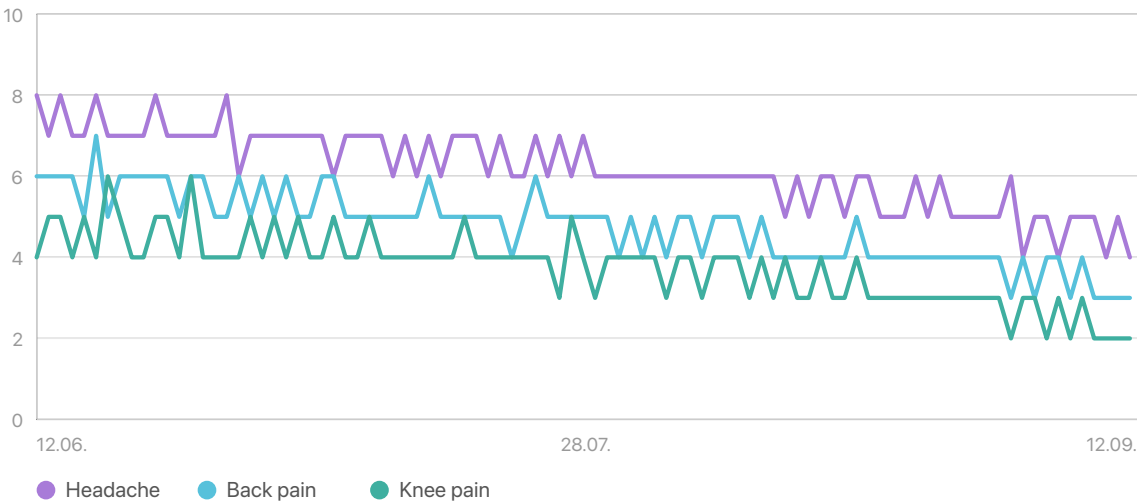
Over the course of the period the intensity fell by 1.3 points on average.

The second half of the period (47 documented days) was compared with the first (46).

By pain

Pain	Entries	Avg.	Min	Max	Change
Headache	186	6.2	3.0	9.0	-1.4
Back pain	93	4.8	3.0	7.0	-1.3
Knee pain	93	3.8	2.0	6.0	-1.2

Overview



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Weekly trend

Average of the last seven days compared with earlier weeks. The window always ends on the report date and is therefore independent of the selected period.

Comparison	Change	Avg. last 7 days
vs. last week	-10 %	3.7
vs. 4 wks ago	-25 %	3.7
vs. 3 mo. ago	-41 %	3.7

Patterns

Correlations from the last 180 days, calculated as the deviation from the mean of each pain.

Tags

- With "Morning yoga" the intensity is on average 1.4 points lower. Basis: 70 of 720 entries.
- With "was moving around" the intensity is on average 1.1 points lower. Basis: 104 of 720 entries.
- With "feeling warm" the intensity is on average 1.0 points lower. Basis: 91 of 720 entries.

Note: these are observed correlations, not causes. The values come from the patient's own records and do not replace a diagnosis.

Monthly reports

One row per calendar month within the reporting period. The average is the mean of the daily means; the change always refers to the previous calendar month, even when that month lies outside the period.

Month	Documented	Avg.	vs. previous	Pain-free
September 2026	12 / 12	3.8	-0.9	0
August 2026	31 / 31	4.7	-0.9	0
July 2026	31 / 31	5.6	-0.7	0
June 2026	30 / 30	6.3	-0.5	0

Milestones

How much has been documented across the entire history, independent of the reporting period.

Next milestone: 200 days in a row (currently 180 of 200).

Reached

Milestone	Reached on
180 days logged	12.09.2026
500 entries	19.07.2026
100 days in a row	24.06.2026
90 days logged	14.06.2026

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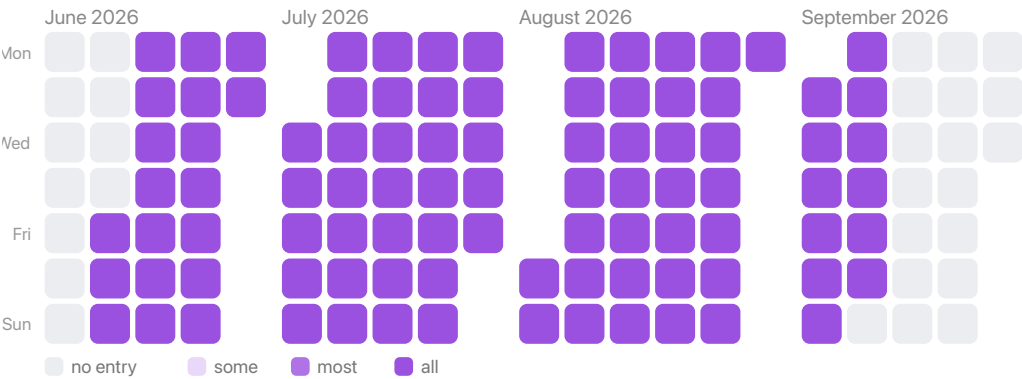
App Store

Milestones (continued)

Milestone	Reached on
250 entries	18.05.2026
60 days in a row	15.05.2026
30 days in a row	15.04.2026
30 days logged	15.04.2026
100 entries	10.04.2026
14 days in a row	30.03.2026
50 entries	29.03.2026
25 entries	23.03.2026
7 days in a row	23.03.2026
7 days logged	23.03.2026
10 entries	19.03.2026
3 days in a row	19.03.2026
1 entry	17.03.2026

Activity

One square per day. The more of the evaluated pains were documented on a day, the stronger the colour.

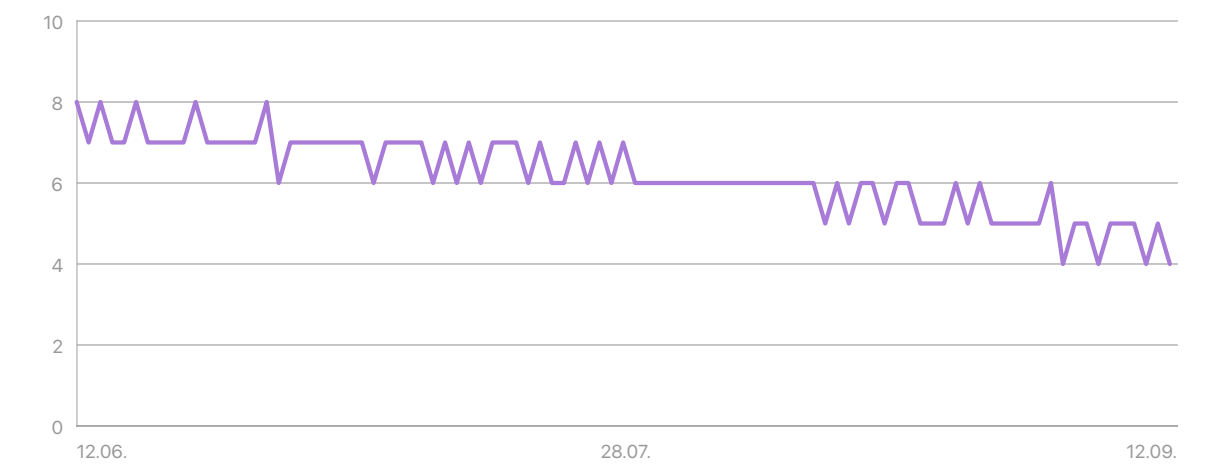


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Headache — Forehead and temples, usually on both sides

Entries: 186 Avg. intensity: 6.2 Min: 3 Max: 9



Date	Intensity	Tags	Notes
12.09.2026, Sat · 15:35	3/10	was moving around, Morning yoga	Slept well, barely any symptoms.
12.09.2026, Sat · 08:35	5/10	dull, Morning yoga	Got through the day without painkillers.
11.09.2026, Fri · 20:15	4/10	throbbing, feeling warm	Slept well, barely any symptoms.
11.09.2026, Fri · 08:10	6/10	pressing, Morning yoga	Was able to go jogging again.
10.09.2026, Thu · 20:40	3/10	slept poorly	Did stretching exercises this morning, feels good.
10.09.2026, Thu · 07:50	5/10	was moving around	Much better than last week.
09.09.2026, Wed · 20:10	4/10	cramping	—
09.09.2026, Wed · 08:05	6/10	dull, was moving around, Morning yoga	—
08.09.2026, Tue · 20:45	4/10	throbbing, was moving around	—
08.09.2026, Tue · 08:25	6/10	stabbing, was moving around, Morning yoga	Did stretching exercises this morning, feels good.
07.09.2026, Mon · 20:50	4/10	throbbing, Morning yoga	—
07.09.2026, Mon · 08:05	6/10	burning, was resting, Morning yoga	—
06.09.2026, Sun · 20:10	3/10	pulling, was moving around, Morning yoga	Slept well, barely any symptoms.
06.09.2026, Sun · 08:30	5/10	feeling warm	—

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Headache — Forehead and temples, usually on both sides (continued)

Date	Intensity	Tags	Notes
05.09.2026, Sat · 20:30	4/10	cramping, slept poorly, Morning yoga	Slept well, barely any symptoms.
05.09.2026, Sat · 08:15	6/10	throbbing, feeling warm	—
04.09.2026, Fri · 20:50	4/10	was moving around	—
04.09.2026, Fri · 08:35	6/10	dull, feeling warm, was resting	—
03.09.2026, Thu · 20:05	3/10	throbbing, was moving around	—
03.09.2026, Thu · 08:10	5/10	throbbing, feeling warm	—
02.09.2026, Wed · 20:35	5/10	—	—
02.09.2026, Wed · 08:00	7/10	pulling	—
01.09.2026, Tue · 20:15	4/10	cramping, slept poorly	—
01.09.2026, Tue · 08:30	6/10	was resting	—
31.08.2026, Mon · 20:20	4/10	feeling warm	—
31.08.2026, Mon · 07:55	6/10	cramping, feeling warm, Morning yoga	—
30.08.2026, Sun · 20:10	4/10	was moving around, feeling warm	—
30.08.2026, Sun · 08:00	6/10	pressing, was resting, feeling warm, Morning yoga	—
29.08.2026, Sat · 20:30	4/10	—	—
29.08.2026, Sat · 08:00	6/10	throbbing, was resting, feeling warm	—
28.08.2026, Fri · 20:25	4/10	was resting, Morning yoga	—
28.08.2026, Fri · 08:35	6/10	was resting	—
27.08.2026, Thu · 20:40	5/10	feeling anxious	Only a slight pull when standing up.
27.08.2026, Thu · 08:25	7/10	cramping, feeling warm	Only a slight pull when standing up.
26.08.2026, Wed · 20:40	4/10	pulling, was moving around	—
26.08.2026, Wed · 08:10	6/10	was moving around, feeling warm	—
25.08.2026, Tue · 20:30	5/10	cramping, was moving around, was resting	—



Headache — Forehead and temples, usually on both sides (continued)

Date	Intensity	Tags	Notes
25.08.2026, Tue · 08:00	7/10	feeling warm, Morning yoga	—
24.08.2026, Mon · 20:45	4/10	stabbing, feeling warm	Physical therapy appointment, felt looser afterward.
24.08.2026, Mon · 08:05	6/10	throbbing, was resting	—
23.08.2026, Sun · 20:10	4/10	was moving around, Morning yoga	—
23.08.2026, Sun · 08:00	6/10	—	—
22.08.2026, Sat · 20:30	4/10	cramping, was resting	Only a slight pull when standing up.
22.08.2026, Sat · 08:15	6/10	cramping, feeling warm, Morning yoga	—
21.08.2026, Fri · 20:45	5/10	throbbing, Morning yoga	Worse in the morning than in the evening.
21.08.2026, Fri · 08:30	7/10	dull	Worse in the morning than in the evening.
20.08.2026, Thu · 20:05	5/10	burning, was resting	—
20.08.2026, Thu · 08:20	7/10	pressing, was moving around	Worse in the morning than in the evening.
19.08.2026, Wed · 20:40	4/10	dull	—
19.08.2026, Wed · 08:25	6/10	throbbing, was resting, feeling warm	Worse in the morning than in the evening.
18.08.2026, Tue · 20:35	5/10	throbbing, was resting, feeling warm, Morning yoga	—
18.08.2026, Tue · 08:25	7/10	was moving around, was resting	—
17.08.2026, Mon · 20:05	5/10	was resting	—
17.08.2026, Mon · 08:25	7/10	was resting	Only a slight pull when standing up.
16.08.2026, Sun · 20:15	4/10	was moving around	Physical therapy appointment, felt looser afterward.
16.08.2026, Sun · 08:30	6/10	burning, was moving around	—
15.08.2026, Sat · 20:20	5/10	dull, feeling warm	—
15.08.2026, Sat · 08:30	7/10	stabbing, was resting, Morning yoga	A bit better after the walk.
14.08.2026, Fri · 20:25	4/10	dull, was resting, Morning yoga	Physical therapy appointment, felt looser afterward.



Headache — Forehead and temples, usually on both sides (continued)

Date	Intensity	Tags	Notes
14.08.2026, Fri · 08:20	6/10	pulling, was resting, was moving around	—
13.08.2026, Thu · 20:20	5/10	—	—
13.08.2026, Thu · 07:50	7/10	throbbing	Physical therapy appointment, felt looser afterward.
12.08.2026, Wed · 20:45	5/10	dull, was resting	—
12.08.2026, Wed · 07:55	7/10	dull, feeling warm	A bit better after the walk.
11.08.2026, Tue · 20:50	5/10	was moving around	—
11.08.2026, Tue · 08:10	7/10	throbbing, feeling warm	Only a slight pull when standing up.
10.08.2026, Mon · 20:30	5/10	dull, drank alcohol	A bit better after the walk.
10.08.2026, Mon · 08:35	7/10	feeling cold, feeling stressed, Morning yoga	—
09.08.2026, Sun · 20:50	5/10	burning, was moving around, Morning yoga	—
09.08.2026, Sun · 08:00	7/10	stabbing, feeling stressed	—
08.08.2026, Sat · 20:35	5/10	pressing, feeling warm	Worse in the morning than in the evening.
08.08.2026, Sat · 08:00	7/10	dull, Morning yoga	—
07.08.2026, Fri · 20:10	5/10	dull, was moving around	Physical therapy appointment, felt looser afterward.
07.08.2026, Fri · 08:35	7/10	was resting, feeling warm	A bit better after the walk.
06.08.2026, Thu · 20:30	5/10	cramping, was moving around	—
06.08.2026, Thu · 08:20	7/10	cramping, was moving around	Heat pad helped for a while.
05.08.2026, Wed · 20:05	5/10	—	—
05.08.2026, Wed · 07:50	7/10	Morning yoga	—
04.08.2026, Tue · 20:30	5/10	cramping, feeling warm, Morning yoga	—
04.08.2026, Tue · 07:55	7/10	pulling	—
03.08.2026, Mon · 20:50	5/10	pulling, feeling warm	Only a slight pull when standing up.
03.08.2026, Mon · 07:50	7/10	pulling, was moving around	Physical therapy appointment, felt looser afterward.



Headache — Forehead and temples, usually on both sides (continued)

Date	Intensity	Tags	Notes
02.08.2026, Sun · 20:35	5/10	feeling warm	Heat pad helped for a while.
02.08.2026, Sun · 08:20	7/10	cramping, feeling warm, Morning yoga	Worse in the morning than in the evening.
01.08.2026, Sat · 20:30	5/10	—	—
01.08.2026, Sat · 07:50	7/10	throbbing, was resting	—
31.07.2026, Fri · 20:30	5/10	pressing, was resting, feeling warm, Morning yoga	—
31.07.2026, Fri · 08:15	7/10	was moving around	—
30.07.2026, Thu · 20:50	5/10	throbbing, was resting	—
30.07.2026, Thu · 08:10	7/10	stabbing	Physical therapy appointment, felt looser afterward.
29.07.2026, Wed · 20:20	5/10	pressing, feeling warm	—
29.07.2026, Wed · 08:15	7/10	burning, was moving around, Morning yoga	Worse in the morning than in the evening.
28.07.2026, Tue · 20:30	6/10	—	—
28.07.2026, Tue · 08:05	8/10	burning, was resting	Heat pad helped for a while.
27.07.2026, Mon · 20:50	5/10	stabbing, was moving around, Morning yoga	Only a slight pull when standing up.
27.07.2026, Mon · 08:35	7/10	throbbing, Morning yoga	Physical therapy appointment, felt looser afterward.
26.07.2026, Sun · 20:40	6/10	burning, feeling warm	—
26.07.2026, Sun · 08:20	8/10	was moving around	Worse in the morning than in the evening.
25.07.2026, Sat · 20:40	5/10	feeling warm	—
25.07.2026, Sat · 07:50	7/10	feeling warm	A bit better after the walk.
24.07.2026, Fri · 20:25	6/10	dull, feeling warm, Morning yoga	—
24.07.2026, Fri · 08:35	8/10	drank alcohol, Morning yoga	—
23.07.2026, Thu · 20:35	5/10	pressing, was moving around	—
23.07.2026, Thu · 08:05	7/10	was moving around	—
22.07.2026, Wed · 20:20	5/10	cramping, feeling warm	—



Headache — Forehead and temples, usually on both sides (continued)

Date	Intensity	Tags	Notes
22.07.2026, Wed · 08:10	7/10	feeling warm, was moving around	—
21.07.2026, Tue · 20:25	6/10	was moving around, Morning yoga	—
21.07.2026, Tue · 08:25	8/10	cramping, feeling cold	—
20.07.2026, Mon · 20:50	5/10	stabbing	—
20.07.2026, Mon · 07:50	7/10	dull, feeling warm, Morning yoga	—
19.07.2026, Sun · 20:25	6/10	feeling anxious	—
19.07.2026, Sun · 08:00	8/10	was moving around, feeling warm, Morning yoga	—
18.07.2026, Sat · 20:45	6/10	burning, feeling warm, was resting, Morning yoga	Worse in the morning than in the evening.
18.07.2026, Sat · 08:20	8/10	dull, was resting, Morning yoga	Worse in the morning than in the evening.
17.07.2026, Fri · 20:45	6/10	pulling, feeling anxious	—
17.07.2026, Fri · 08:10	8/10	dull, feeling cold	—
16.07.2026, Thu · 20:50	5/10	feeling warm, Morning yoga	—
16.07.2026, Thu · 07:50	7/10	feeling anxious	—
15.07.2026, Wed · 20:15	6/10	stabbing, was moving around	—
15.07.2026, Wed · 08:30	8/10	pulling, was resting, Morning yoga	—
14.07.2026, Tue · 20:45	5/10	throbbing, was resting	—
14.07.2026, Tue · 08:30	7/10	dull	—
13.07.2026, Mon · 20:40	6/10	—	Pain radiates into the shoulder.
13.07.2026, Mon · 08:35	8/10	feeling warm	Could barely concentrate.
12.07.2026, Sun · 20:25	5/10	cramping, feeling cold, drank alcohol	Had to lie down for two hours at noon.
12.07.2026, Sun · 08:20	7/10	pulling, feeling cold	—
11.07.2026, Sat · 20:45	6/10	pressing, feeling stressed	Pain radiates into the shoulder.
11.07.2026, Sat · 08:20	8/10	dull, feeling stressed	—



Headache — Forehead and temples, usually on both sides (continued)

Date	Intensity	Tags	Notes
10.07.2026, Fri · 20:35	6/10	cramping	—
10.07.2026, Fri · 07:50	8/10	feeling stressed	Light and noise were unbearable today.
09.07.2026, Thu · 20:05	6/10	feeling stressed, feeling anxious	—
09.07.2026, Thu · 08:20	8/10	slept poorly, feeling cold	—
08.07.2026, Wed · 20:20	6/10	cramping, drank alcohol	—
08.07.2026, Wed · 08:35	8/10	cramping, feeling cold	—
07.07.2026, Tue · 20:40	5/10	cramping, feeling stressed	—
07.07.2026, Tue · 08:35	7/10	burning, drank alcohol	Took ibuprofen 400, barely helped.
06.07.2026, Mon · 20:10	6/10	drank alcohol	—
06.07.2026, Mon · 08:10	8/10	pressing, slept poorly	—
05.07.2026, Sun · 20:35	6/10	stabbing, feeling stressed, slept poorly	—
05.07.2026, Sun · 08:05	8/10	feeling cold	—
04.07.2026, Sat · 20:50	6/10	pressing	—
04.07.2026, Sat · 08:10	8/10	was resting	—
03.07.2026, Fri · 20:15	6/10	throbbing	—
03.07.2026, Fri · 08:00	8/10	burning, drank alcohol	—
02.07.2026, Thu · 20:25	6/10	pressing, slept poorly	—
02.07.2026, Thu · 08:00	8/10	pressing, was moving around	—
01.07.2026, Wed · 20:20	6/10	stabbing, feeling anxious	—
01.07.2026, Wed · 07:55	8/10	burning, feeling stressed	—
30.06.2026, Tue · 20:35	6/10	feeling stressed	—
30.06.2026, Tue · 08:05	8/10	cramping, was moving around	—
29.06.2026, Mon · 20:40	5/10	cramping, feeling cold	—
29.06.2026, Mon · 08:00	7/10	was resting	—
28.06.2026, Sun · 20:40	7/10	slept poorly	—

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Headache — Forehead and temples, usually on both sides (continued)

Date	Intensity	Tags	Notes
28.06.2026, Sun · 08:25	9/10	burning, feeling anxious	—
27.06.2026, Sat · 20:25	6/10	stabbing, was resting	—
27.06.2026, Sat · 08:40	8/10	feeling cold	—
26.06.2026, Fri · 20:10	6/10	feeling anxious	—
26.06.2026, Fri · 08:25	8/10	pulling, feeling stressed	Pain radiates into the shoulder.
25.06.2026, Thu · 20:40	6/10	feeling cold	—
25.06.2026, Thu · 08:25	8/10	drank alcohol	—
24.06.2026, Wed · 20:50	6/10	feeling anxious	Had to lie down for two hours at noon.
24.06.2026, Wed · 08:00	8/10	feeling cold, feeling stressed	Took ibuprofen 400, barely helped.
23.06.2026, Tue · 20:40	6/10	burning, slept poorly	—
23.06.2026, Tue · 08:05	8/10	—	—
22.06.2026, Mon · 20:50	7/10	throbbing, feeling anxious	—
22.06.2026, Mon · 08:15	9/10	dull, feeling anxious, feeling cold	—
21.06.2026, Sun · 20:45	6/10	burning, was resting	Could barely concentrate.
21.06.2026, Sun · 08:10	8/10	was moving around	—
20.06.2026, Sat · 20:40	6/10	stabbing, feeling stressed	Took ibuprofen 400, barely helped.
20.06.2026, Sat · 08:30	8/10	cramping, feeling anxious, feeling stressed	Could barely concentrate.
19.06.2026, Fri · 20:45	6/10	pressing, feeling cold	—
19.06.2026, Fri · 08:00	8/10	pressing, drank alcohol, slept poorly	Could barely concentrate.
18.06.2026, Thu · 20:05	6/10	dull, feeling cold	—
18.06.2026, Thu · 07:50	8/10	pulling, feeling stressed	—
17.06.2026, Wed · 20:50	7/10	feeling warm	—
17.06.2026, Wed · 08:05	9/10	cramping, drank alcohol, feeling anxious	—

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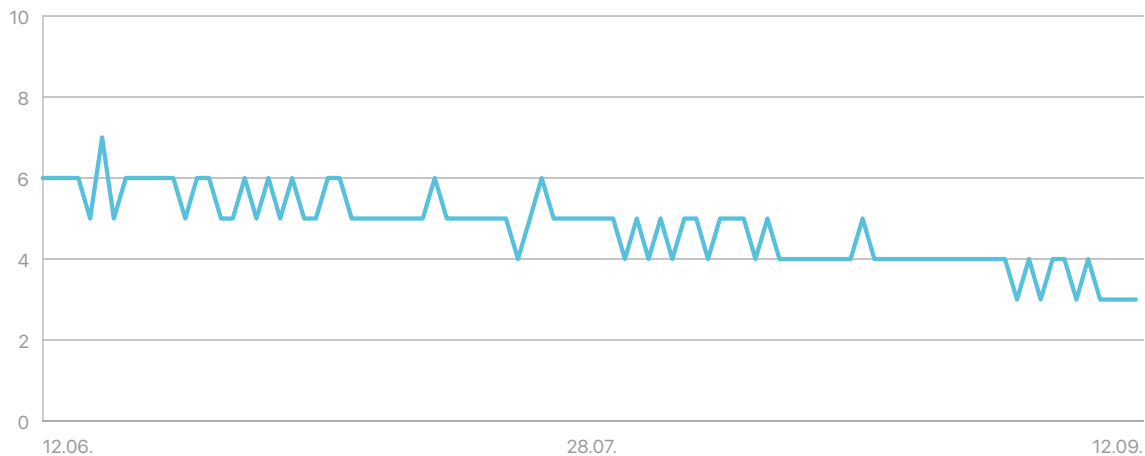
Headache — Forehead and temples, usually on both sides (continued)

Date	Intensity	Tags	Notes
16.06.2026, Tue · 20:25	6/10	was resting	—
16.06.2026, Tue · 08:00	8/10	—	Had to lie down for two hours at noon.
15.06.2026, Mon · 20:20	6/10	burning, slept poorly, feeling cold	Could barely concentrate.
15.06.2026, Mon · 08:10	8/10	dull, feeling warm, was moving around	—
14.06.2026, Sun · 20:30	7/10	burning, was moving around	—
14.06.2026, Sun · 08:05	9/10	stabbing, was moving around	Woke up several times at night because of the pain.
13.06.2026, Sat · 20:40	6/10	pressing, slept poorly, feeling anxious	—
13.06.2026, Sat · 08:00	8/10	pulling, feeling warm	—
12.06.2026, Fri · 20:50	7/10	dull, drank alcohol	Took ibuprofen 400, barely helped.
12.06.2026, Fri · 08:15	9/10	was moving around, was resting	Could barely concentrate.



Back pain — Lower back, lumbar spine

Entries: **93** Avg. intensity: **4.8** Min: **3** Max: **7**



Date	Intensity	Tags	Notes
12.09.2026, Sat · 13:15	3/10	stabbing, was moving around	Did stretching exercises this morning, feels good.
11.09.2026, Fri · 13:10	3/10	was resting, was moving around, Morning yoga	Was able to go jogging again.
10.09.2026, Thu · 12:55	3/10	was resting, was moving around	Much better than last week.
09.09.2026, Wed · 13:10	3/10	pulling, was resting	Was able to go jogging again.
08.09.2026, Tue · 12:55	4/10	cramping, feeling warm, Morning yoga	—
07.09.2026, Mon · 13:05	3/10	pressing, was resting	Did stretching exercises this morning, feels good.
06.09.2026, Sun · 13:05	4/10	pulling, was moving around	—
05.09.2026, Sat · 12:55	4/10	feeling warm	Did stretching exercises this morning, feels good.
04.09.2026, Fri · 13:25	3/10	throbbing, was resting, feeling warm	—
03.09.2026, Thu · 13:10	4/10	stabbing, feeling warm, was moving around, Morning yoga	—
02.09.2026, Wed · 13:20	3/10	feeling cold	Got through the day without painkillers.
01.09.2026, Tue · 12:55	4/10	pressing, feeling stressed	—

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Back pain — Lower back, lumbar spine (continued)

Date	Intensity	Tags	Notes
31.08.2026, Mon · 12:55	4/10	stabbing, was moving around, feeling warm	—
30.08.2026, Sun · 13:00	4/10	pressing, was moving around	Did stretching exercises this morning, feels good.
29.08.2026, Sat · 13:25	4/10	pressing, was moving around, feeling warm, Morning yoga	—
28.08.2026, Fri · 12:50	4/10	pulling, was resting, feeling warm, Morning yoga	Heat pad helped for a while.
27.08.2026, Thu · 12:50	4/10	stabbing, was resting	Physical therapy appointment, felt looser afterward.
26.08.2026, Wed · 13:05	4/10	was moving around	Worse in the morning than in the evening.
25.08.2026, Tue · 13:05	4/10	dull, feeling cold	—
24.08.2026, Mon · 12:45	4/10	pulling, was moving around	—
23.08.2026, Sun · 12:50	4/10	pressing, was moving around, Morning yoga	—
22.08.2026, Sat · 13:20	4/10	was resting, was moving around	—
21.08.2026, Fri · 13:10	4/10	cramping, was resting	—
20.08.2026, Thu · 13:20	5/10	cramping, feeling stressed	Only a slight pull when standing up.
19.08.2026, Wed · 12:50	4/10	stabbing	—
18.08.2026, Tue · 12:45	4/10	throbbing, was resting	Heat pad helped for a while.
17.08.2026, Mon · 12:40	4/10	pressing, was moving around	—
16.08.2026, Sun · 13:00	4/10	throbbing, was moving around, Morning yoga	—
15.08.2026, Sat · 12:50	4/10	was resting	—
14.08.2026, Fri · 12:40	4/10	was moving around	—
13.08.2026, Thu · 13:25	4/10	feeling warm, was resting	—
12.08.2026, Wed · 13:25	5/10	—	Physical therapy appointment, felt looser afterward.
11.08.2026, Tue · 12:45	4/10	pulling	—
10.08.2026, Mon · 13:15	5/10	—	—

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Pain diary for iPhone



Back pain — Lower back, lumbar spine (continued)

Date	Intensity	Tags	Notes
09.08.2026, Sun · 12:50	5/10	was resting, Morning yoga	—
08.08.2026, Sat · 13:05	5/10	was resting	Physical therapy appointment, felt looser afterward.
07.08.2026, Fri · 12:50	4/10	Morning yoga	—
06.08.2026, Thu · 13:10	5/10	was moving around	—
05.08.2026, Wed · 13:20	5/10	feeling warm, was resting	Only a slight pull when standing up.
04.08.2026, Tue · 13:00	4/10	feeling warm	—
03.08.2026, Mon · 13:10	5/10	pressing, was resting	—
02.08.2026, Sun · 13:00	4/10	throbbing, was moving around	—
01.08.2026, Sat · 13:25	5/10	pressing, was resting, was moving around, Morning yoga	—
31.07.2026, Fri · 12:50	4/10	pressing	—
30.07.2026, Thu · 13:00	5/10	dull, feeling warm	—
29.07.2026, Wed · 12:40	5/10	feeling cold, slept poorly, Morning yoga	—
28.07.2026, Tue · 13:20	5/10	burning, was moving around	A bit better after the walk.
27.07.2026, Mon · 13:25	5/10	cramping, was moving around, feeling warm	—
26.07.2026, Sun · 13:25	5/10	feeling warm, was resting, Morning yoga	—
25.07.2026, Sat · 13:00	5/10	feeling warm, Morning yoga	Only a slight pull when standing up.
24.07.2026, Fri · 12:50	6/10	feeling cold, feeling anxious	—
23.07.2026, Thu · 13:00	5/10	dull, was moving around	Worse in the morning than in the evening.
22.07.2026, Wed · 12:45	4/10	cramping, was resting, Morning yoga	—
21.07.2026, Tue · 13:10	5/10	was moving around, feeling warm, Morning yoga	Heat pad helped for a while.
20.07.2026, Mon · 13:15	5/10	slept poorly	—
19.07.2026, Sun · 13:25	5/10	—	—

PainTrack
Pain diary for iPhone



Back pain — Lower back, lumbar spine (continued)

Date	Intensity	Tags	Notes
18.07.2026, Sat · 12:50	5/10	cramping, was moving around	—
17.07.2026, Fri · 13:05	5/10	pulling, was moving around, Morning yoga	—
16.07.2026, Thu · 12:45	5/10	dull, was resting, was moving around	—
15.07.2026, Wed · 13:05	6/10	stabbing, was resting	—
14.07.2026, Tue · 13:15	5/10	was moving around	—
13.07.2026, Mon · 13:05	5/10	dull, drank alcohol, slept poorly	—
12.07.2026, Sun · 13:05	5/10	—	Had to lie down for two hours at noon.
11.07.2026, Sat · 12:40	5/10	feeling warm	—
10.07.2026, Fri · 13:20	5/10	pressing, feeling anxious	—
09.07.2026, Thu · 13:10	5/10	stabbing, was moving around	—
08.07.2026, Wed · 13:25	5/10	cramping, was moving around	Pain radiates into the shoulder.
07.07.2026, Tue · 13:15	6/10	dull	—
06.07.2026, Mon · 13:20	6/10	burning, drank alcohol, slept poorly	—
05.07.2026, Sun · 13:05	5/10	feeling cold	—
04.07.2026, Sat · 12:40	5/10	feeling stressed	Light and noise were unbearable today.
03.07.2026, Fri · 13:10	6/10	throbbing, feeling cold	—
02.07.2026, Thu · 13:00	5/10	pressing, feeling anxious	—
01.07.2026, Wed · 13:20	6/10	burning, feeling cold	—
30.06.2026, Tue · 13:00	5/10	was resting	—
29.06.2026, Mon · 13:15	6/10	feeling anxious	Light and noise were unbearable today.
28.06.2026, Sun · 13:25	5/10	feeling cold	Took ibuprofen 400, barely helped.
27.06.2026, Sat · 12:55	5/10	was moving around, was resting	—
26.06.2026, Fri · 13:20	6/10	feeling stressed	Woke up several times at night because of the pain.

PainTrack
Pain diary for iPhone



Back pain — Lower back, lumbar spine (continued)

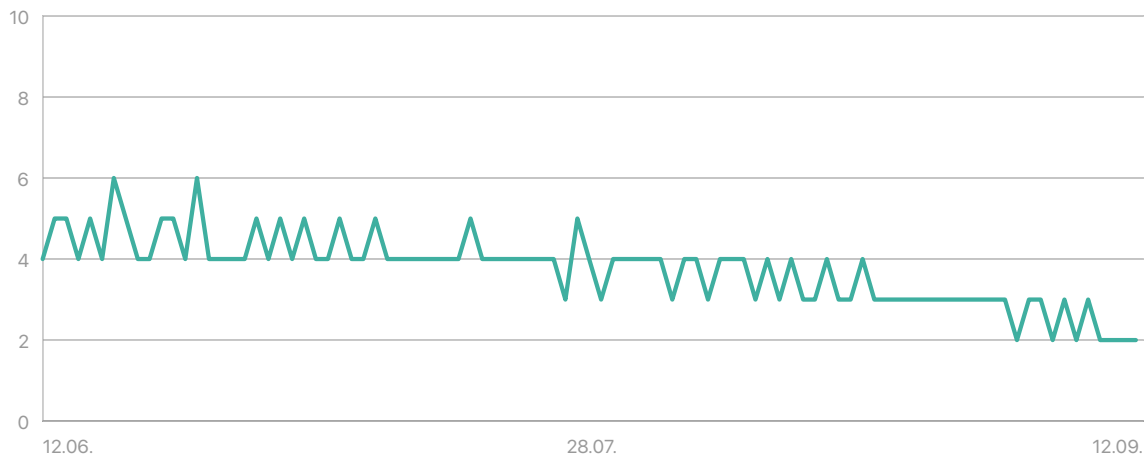
Date	Intensity	Tags	Notes
25.06.2026, Thu · 12:45	6/10	feeling anxious	—
24.06.2026, Wed · 13:00	5/10	feeling cold, feeling stressed	—
23.06.2026, Tue · 13:20	6/10	throbbing, feeling warm	Took ibuprofen 400, barely helped.
22.06.2026, Mon · 13:05	6/10	cramping, slept poorly, feeling stressed	Light and noise were unbearable today.
21.06.2026, Sun · 13:15	6/10	slept poorly, feeling cold	—
20.06.2026, Sat · 13:05	6/10	burning, slept poorly, feeling stressed	Could barely concentrate.
19.06.2026, Fri · 12:40	6/10	throbbing, feeling anxious	Took ibuprofen 400, barely helped.
18.06.2026, Thu · 12:55	5/10	drank alcohol	Light and noise were unbearable today.
17.06.2026, Wed · 13:25	7/10	feeling anxious	—
16.06.2026, Tue · 13:25	5/10	pressing, feeling stressed	—
15.06.2026, Mon · 13:20	6/10	pressing	—
14.06.2026, Sun · 13:15	6/10	cramping, slept poorly	—
13.06.2026, Sat · 13:00	6/10	drank alcohol	—
12.06.2026, Fri · 13:15	6/10	feeling anxious	Light and noise were unbearable today.

PainTrack
Pain diary for iPhone



Knee pain — Right knee, especially on stairs

Entries: **93** Avg. intensity: **3.8** Min: **2** Max: **6**



Date	Intensity	Tags	Notes
12.09.2026, Sat · 15:15	2/10	throbbing, was resting	Much better than last week.
11.09.2026, Fri · 20:55	2/10	dull, was moving around	Got through the day without painkillers.
10.09.2026, Thu · 20:50	2/10	stabbing, Morning yoga	Did stretching exercises this morning, feels good.
09.09.2026, Wed · 21:10	2/10	throbbing, feeling warm, was resting, Morning yoga	—
08.09.2026, Tue · 21:20	3/10	pulling, was resting	Much better than last week.
07.09.2026, Mon · 21:20	2/10	was resting, feeling warm, Morning yoga	—
06.09.2026, Sun · 20:50	3/10	dull, Morning yoga	Got through the day without painkillers.
05.09.2026, Sat · 21:20	2/10	was moving around	—
04.09.2026, Fri · 21:10	3/10	was resting, was moving around, Morning yoga	Slept well, barely any symptoms.
03.09.2026, Thu · 21:20	3/10	pulling, was moving around	Was able to go jogging again.
02.09.2026, Wed · 21:25	2/10	burning, was resting	Did stretching exercises this morning, feels good.
01.09.2026, Tue · 21:10	3/10	—	Slept well, barely any symptoms.
31.08.2026, Mon · 21:30	3/10	slept poorly, Morning yoga	Did stretching exercises this morning, feels good.
30.08.2026, Sun · 21:25	3/10	pulling, feeling warm	—

PainTrack



Knee pain — Right knee, especially on stairs (continued)

Date	Intensity	Tags	Notes
29.08.2026, Sat · 20:55	3/10	was resting, Morning yoga	—
28.08.2026, Fri · 21:30	3/10	pulling, was resting	—
27.08.2026, Thu · 21:10	3/10	was resting	Heat pad helped for a while.
26.08.2026, Wed · 20:50	3/10	burning, feeling stressed	—
25.08.2026, Tue · 20:50	3/10	was resting	—
24.08.2026, Mon · 20:45	3/10	slept poorly	Physical therapy appointment, felt looser afterward.
23.08.2026, Sun · 21:20	3/10	was resting, feeling warm	—
22.08.2026, Sat · 21:00	3/10	feeling cold	Only a slight pull when standing up.
21.08.2026, Fri · 20:55	3/10	stabbing, feeling warm, Morning yoga	Worse in the morning than in the evening.
20.08.2026, Thu · 21:10	4/10	feeling warm, was moving around	—
19.08.2026, Wed · 21:25	3/10	cramping, feeling stressed	Only a slight pull when standing up.
18.08.2026, Tue · 21:25	3/10	stabbing, was resting	Heat pad helped for a while.
17.08.2026, Mon · 21:25	4/10	was resting	—
16.08.2026, Sun · 21:15	3/10	dull, feeling warm, was moving around	—
15.08.2026, Sat · 20:45	3/10	pulling, feeling warm	—
14.08.2026, Fri · 21:05	4/10	burning, feeling cold, feeling anxious	—
13.08.2026, Thu · 21:05	3/10	throbbing, was resting, was moving around	Physical therapy appointment, felt looser afterward.
12.08.2026, Wed · 21:10	4/10	was moving around	—
11.08.2026, Tue · 21:25	3/10	dull, was moving around	—
10.08.2026, Mon · 21:15	4/10	stabbing, feeling warm	Heat pad helped for a while.
09.08.2026, Sun · 20:55	4/10	pulling, slept poorly	—
08.08.2026, Sat · 21:25	4/10	pulling, was moving around	—

PainTrack
Pain diary for iPhone



Knee pain — Right knee, especially on stairs (continued)

Date	Intensity	Tags	Notes
07.08.2026, Fri · 20:50	3/10	dull, feeling warm	—
06.08.2026, Thu · 21:10	4/10	feeling warm, was resting, Morning yoga	—
05.08.2026, Wed · 21:20	4/10	stabbing, slept poorly	—
04.08.2026, Tue · 20:50	3/10	dull, was moving around	Only a slight pull when standing up.
03.08.2026, Mon · 21:10	4/10	burning, was moving around, was resting	Physical therapy appointment, felt looser afterward.
02.08.2026, Sun · 20:45	4/10	cramping	—
01.08.2026, Sat · 20:55	4/10	was moving around, Morning yoga	—
31.07.2026, Fri · 21:00	4/10	dull, feeling warm, was moving around	Physical therapy appointment, felt looser afterward.
30.07.2026, Thu · 21:30	4/10	burning, was resting	Only a slight pull when standing up.
29.07.2026, Wed · 21:20	3/10	cramping, was moving around	—
28.07.2026, Tue · 20:55	4/10	dull, feeling warm, was resting	—
27.07.2026, Mon · 20:55	5/10	throbbing, was resting, feeling warm	—
26.07.2026, Sun · 21:20	3/10	burning, feeling warm, Morning yoga	—
25.07.2026, Sat · 21:10	4/10	burning, was resting	—
24.07.2026, Fri · 20:55	4/10	pressing, feeling warm	—
23.07.2026, Thu · 21:00	4/10	pulling, drank alcohol, feeling cold, Morning yoga	—
22.07.2026, Wed · 21:10	4/10	stabbing, was resting	—
21.07.2026, Tue · 21:10	4/10	was resting, feeling warm, Morning yoga	Only a slight pull when standing up.
20.07.2026, Mon · 21:15	4/10	—	—
19.07.2026, Sun · 21:10	4/10	dull	A bit better after the walk.

PainTrack
Pain diary for iPhone



Knee pain — Right knee, especially on stairs (continued)

Date	Intensity	Tags	Notes
18.07.2026, Sat · 20:45	5/10	pressing, was moving around, Morning yoga	—
17.07.2026, Fri · 20:45	4/10	burning, drank alcohol	—
16.07.2026, Thu · 21:20	4/10	dull, was moving around, was resting	Only a slight pull when standing up.
15.07.2026, Wed · 21:05	4/10	was resting, Morning yoga	Heat pad helped for a while.
14.07.2026, Tue · 20:45	4/10	cramping, was moving around, Morning yoga	—
13.07.2026, Mon · 21:30	4/10	burning, slept poorly	Had to lie down for two hours at noon.
12.07.2026, Sun · 21:30	4/10	pulling, feeling stressed	—
11.07.2026, Sat · 21:25	4/10	stabbing, feeling stressed	—
10.07.2026, Fri · 21:10	5/10	burning, feeling stressed, feeling cold	Light and noise were unbearable today.
09.07.2026, Thu · 20:50	4/10	feeling anxious, feeling cold	Had to lie down for two hours at noon.
08.07.2026, Wed · 21:25	4/10	pulling, was moving around	Woke up several times at night because of the pain.
07.07.2026, Tue · 21:25	5/10	slept poorly	Could barely concentrate.
06.07.2026, Mon · 21:15	4/10	pulling, slept poorly	—
05.07.2026, Sun · 20:55	4/10	burning, feeling anxious	Had to lie down for two hours at noon.
04.07.2026, Sat · 21:15	5/10	throbbing, feeling cold, slept poorly	—
03.07.2026, Fri · 20:45	4/10	stabbing, slept poorly, feeling anxious	—
02.07.2026, Thu · 21:00	5/10	pulling	Pain radiates into the shoulder.
01.07.2026, Wed · 21:10	4/10	was moving around	Light and noise were unbearable today.
30.06.2026, Tue · 21:00	5/10	throbbing, slept poorly	Had to lie down for two hours at noon.
29.06.2026, Mon · 21:15	4/10	slept poorly, feeling anxious	—

PainTrack
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Knee pain — Right knee, especially on stairs (continued)

Date	Intensity	Tags	Notes
28.06.2026, Sun · 21:00	4/10	dull, slept poorly	—
27.06.2026, Sat · 20:55	4/10	was resting	—
26.06.2026, Fri · 20:55	4/10	burning	—
25.06.2026, Thu · 21:15	6/10	pressing, slept poorly	Light and noise were unbearable today.
24.06.2026, Wed · 21:00	4/10	cramping, feeling warm	—
23.06.2026, Tue · 21:10	5/10	throbbing, feeling anxious	—
22.06.2026, Mon · 21:00	5/10	throbbing, drank alcohol	—
21.06.2026, Sun · 21:25	4/10	slept poorly	Had to lie down for two hours at noon.
20.06.2026, Sat · 21:35	4/10	burning, feeling anxious	—
19.06.2026, Fri · 20:50	5/10	feeling cold	—
18.06.2026, Thu · 21:10	6/10	feeling anxious, drank alcohol	—
17.06.2026, Wed · 20:50	4/10	pulling, feeling cold	—
16.06.2026, Tue · 21:10	5/10	feeling cold, feeling anxious	—
15.06.2026, Mon · 20:50	4/10	feeling anxious	—
14.06.2026, Sun · 21:30	5/10	stabbing	—
13.06.2026, Sat · 21:30	5/10	throbbing, drank alcohol	—
12.06.2026, Fri · 21:25	4/10	feeling anxious, slept poorly	Woke up several times at night because of the pain.

PainTrack
Pain diary for iPhone

