

Name _____

Week from _____ to _____

Back pain diary

How to: one row per entry, filled in close to the time. Always use the same scale. Blank boxes are fine.

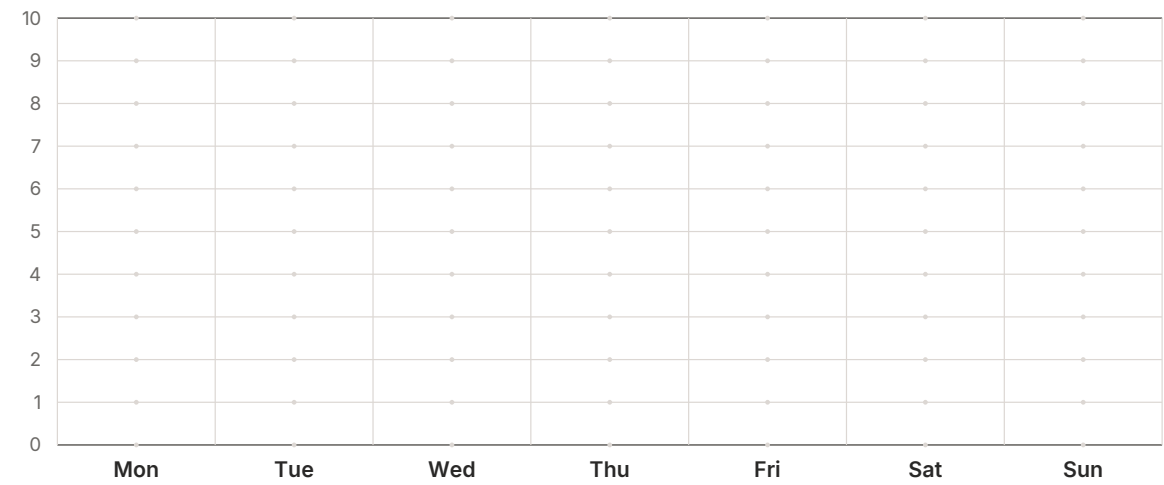
Severity: 0 no pain · 1–3 mild · 4–6 moderate · 7–9 severe · 10 worst pain imaginable

Day	Time	Severity	Where?	Spreading	Load	Exercise	Medication	What helped?	Notes
	hh:mm	0–10	body area	down the leg? tingling, numb?	sitting, standing, lifting, bending	what, how many minutes	name, dose, time	heat, rest, movement ...	mood, sleep, anything unusual
Mon — —									
Tue — —									
Wed — —									
Thu — —									
Fri — —									
Sat — —									
Sun — —									

Back pain diary

Your week at a glance

Mark the worst score for each day and join the dots.



What helped?

What made it worse?

Name

Week from to

Weekly review

Days with pain (out of 7)

Worst score this week

Days I took painkillers

Days I had to cancel something

Questions for my next appointment