

Endometriosis pain diary

Name _____

Week from _____ to _____

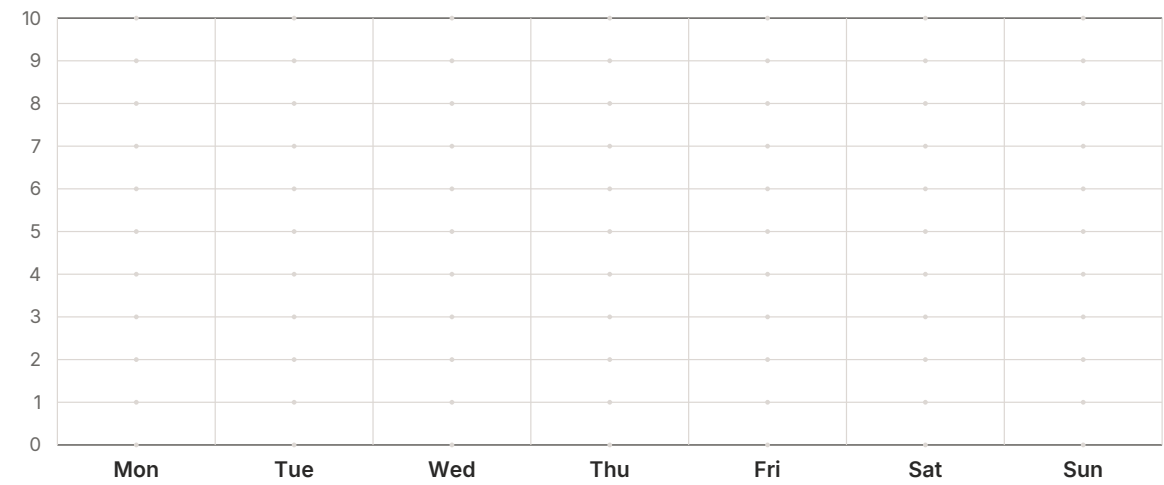
How to: one row per entry, filled in close to the time. Always use the same scale. Blank boxes are fine.
Severity: 0 no pain · 1–3 mild · 4–6 moderate · 7–9 severe · 10 worst pain imaginable

Day	Cycle day 1 = first day of period	Bleeding none, light, medium, heavy	Time hh:mm	Severity 0–10	Where? body area	Pain with ... period, bowel movements, peeing, sex	Medication name, dose, time	Missed out work, plans cancelled?	Notes mood, sleep, anything unusual
Mon — —									
Tue — —									
Wed — —									
Thu — —									
Fri — —									
Sat — —									
Sun — —									

Endometriosis 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