

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)							