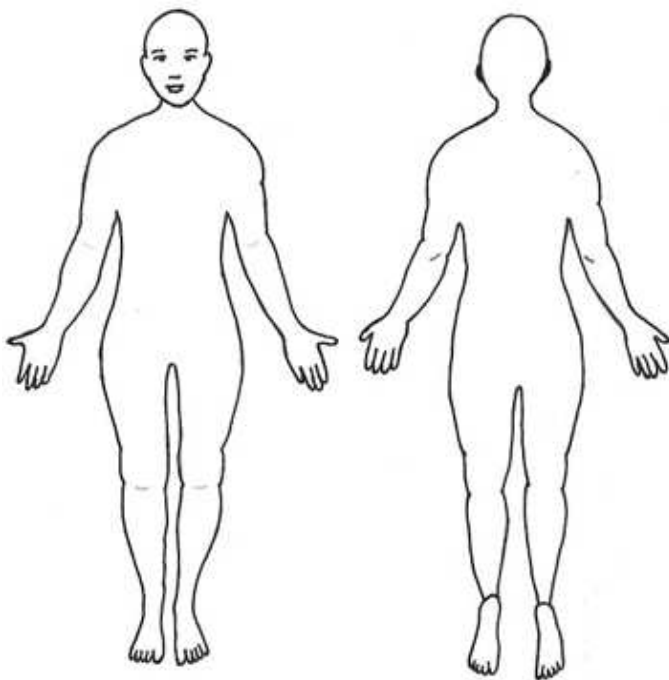


Pain Diary

Keep Track of Time: Day/Week	Record Pain Number from Chart	Location of Pain: Draw Diagram if Needed	Treatment or PLAN You are Using	Write here any things that make the Pain Better or Worse



Use the diagrams or add your own to draw Where Pain is Bad and where it spreads.