

Buckhead Injury Wellness Institute

Pain Journal

A pain journal is a good way to help you understand and talk about your pain. Enter the details of your pain along with any notes and bring it to your next appointment

First Name

Last Name

Date of Birth / /

Date & Time	Pain score (0-10)	Location of pain and how it feels (achy, sharp, throbbing, shooting tingling, etc.)	What I was doing when the pain started	Name and Amount of medicine taken	Non-drug techniques I tried	How long the pain lasted	Other Notes

No Pain	0 1 2 3 4 5 6 7 8 9 10	Worst Pain
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