

# Doctor Visit Pain Report

Fill this in before your appointment so your pain history speaks for itself. Bring it with you.

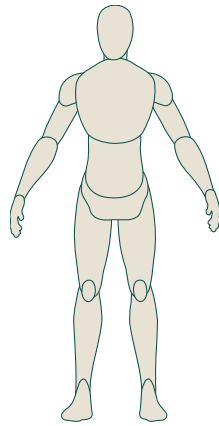
NAME

DATE OF VISIT

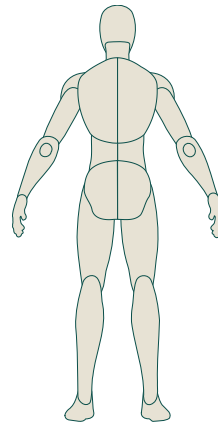
PERIOD THIS COVERS

## 1 Where it hurts

Shade or circle the areas



FRONT



BACK

Mark the type next to each spot: **S** sharp · **D** dull · **B** burning · **A** aching · **T** throbbing · **R** radiating

## 2 Pain log

A few representative days

DATE	WORST 0-10	WHERE	TYPE	TRIGGERS / NOTES

## 3 Over this period my pain was

At its worst: [ 0 | 2 | 4 | 6 | 8 | 10 ]      On an average day: [ 0 | 2 | 4 | 6 | 8 | 10 ]      At its best: [ 0 | 2 | 4 | 6 | 8 | 10 ]

## 4 Triggers I noticed

Tick any that fit

- Poor sleep
- Stress
- Weather change
- Overexertion / activity
- Too much sitting / standing
- Certain foods
- Menstrual cycle
- Illness / infection
- No clear cause

### 5 Medications & how well they worked

MEDICATION	DOSE	TAKEN FOR	DID IT HELP?
			<input type="radio"/> none <input type="radio"/> some <input type="radio"/> a lot
			<input type="radio"/> none <input type="radio"/> some <input type="radio"/> a lot
			<input type="radio"/> none <input type="radio"/> some <input type="radio"/> a lot
			<input type="radio"/> none <input type="radio"/> some <input type="radio"/> a lot

### 6 Sleep & daily life

- Pain wakes me at night often
- Pain affects my mood
- Pain limits work / chores
- Pain limits walking / movement

### 7 What I want to tell my doctor

When did this start, and what has changed since?

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What makes it better, and what makes it worse?

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How is it affecting my work, sleep, and daily life?

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What I have already tried (and what happened)

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### 8 Questions to ask my doctor

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**Tired of filling this in by hand? *Let the app do it.***

Pain Journal builds this exact report automatically, for free. Tap where it hurts on a 29-zone body map, log a day in under 10 seconds, and export a clean PDF for any date range, body-map heatmap and all. No account. No ads. Free doctor reports, always.



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