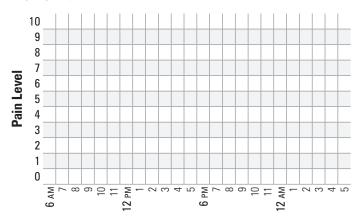
## **Resource: Daily Pain Chart**



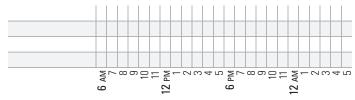
Check the corresponding boxes on your Daily Pain Chart so your medical team can see when and why your pain level changed. **Every day, start a new chart.** 



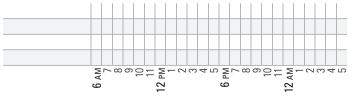
### **Daily Pain Log**

Check the therapies you used today and when you used them.

### Prescription drugs



### Nonprescription drugs



### **Resource: Daily Pain Chart** (cont'd)

# Nondrug therapies Herbal remedies Hot or cold packs Exercise Changing position Physical therapy Massage Acupuncture Rest Psychological counseling Talked to trusted friend, family, clergy Prayer, meditation, guided imagery Relaxation technique Creative technique Other

# Additional Comments

Adapted from Rhiner M. The American Pain Foundation TARGET Chronic Pain Initiative: better patient/clinician communication to improve pain management. *J Pain Palliat Care Pharmacother*. 2004;18(4):55-63.