

Date: _____

Overall, how do you feel on average today?

Great! 1 2 3 4 5 6 7 8 9 10 Horrible!

Time of dose: _____ Dose taken: _____ mg

Time of dose: _____ Dose taken: _____ mg

Time of dose: _____ Dose taken: _____ mg

Time of dose: _____ Dose taken: _____ mg

Again, stick with what works! For example: If you had determined that the relief lasted 9 hours try to take the next dose at 8 hrs.

What was the weather like today? _____

Was today a "good" or "bad" day? _____

Date: _____

Overall, how do you feel on average today?

Great! 1 2 3 4 5 6 7 8 9 10 Horrible!

Time of dose: _____ Dose taken: _____ mg

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Again, stick with what works! For example: If you had determined that the relief lasted 9 hours try to take the next dose at 8 hrs.

What was the weather like today? _____

Was today a "good" or "bad" day? _____

Date: _____

Today what is the most troubling or persistent issue?

Pain (where?) _____

Mood and/or Anxiety (any specific triggers?) _____

Other _____

Overall, how do you feel on average (considering any pain, mood issues, anxiety, and any other issues)?

Great! 1 2 3 4 5 6 7 8 9 10 Horrible!

Time of dose: _____ Dose taken: _____ mg

Time of dose: _____ Dose taken: _____ mg

Time of dose: _____ Dose taken: _____ mg

Time of dose: _____ Dose taken: _____ mg

How often did you use prescribed pain medications today?

How often did you use over the counter medications today?

(Example: melatonin for sleep every night, pain killers and anti-inflammatory twice a day.)

What was the weather like today? _____

Was today a "good" or "bad" day? _____