

PAIN PATTERN TRACKER

Notice what happens before, during and after discomfort appears. Use one entry each time the pattern shows up.

START WITH THE BIG PICTURE

Where do you notice it most?

When did you first notice it?

Activity or goal this affects

How often has it returned?

YOUR DAILY LOG

Short, consistent notes are more useful than trying to remember everything later.

1 PATTERN ENTRY

Date + time

What I was doing before

Where it hurt + what it felt like

Intensity 0-10

Duration

What changed it

2 PATTERN ENTRY

Date + time

What I was doing before

Where it hurt + what it felt like

Intensity 0-10

Duration

What changed it

3 PATTERN ENTRY

Date + time

What I was doing before

Where it hurt + what it felt like

Intensity 0-10

Duration

What changed it

4 PATTERN ENTRY

Date + time

What I was doing before

Where it hurt + what it felt like

Intensity 0-10

Duration

What changed it

PAUSE AND GET HELP

Seek urgent medical care for severe or worsening pain, major swelling, inability to bear weight, numbness or weakness, deformity, or concerning symptoms after a head impact.

WHAT IS THE PATTERN TELLING YOU?

Complete a few entries, then summarize what repeats and what changes.

5 PATTERN ENTRY

Date + time

What I was doing before

Where it hurt + what it felt like

Intensity 0-10

Duration

What changed it

6 PATTERN ENTRY

Date + time

What I was doing before

Where it hurt + what it felt like

Intensity 0-10

Duration

What changed it

7 PATTERN ENTRY

Date + time

What I was doing before

Where it hurt + what it felt like

Intensity 0-10

Duration

What changed it

PATTERN SUMMARY

It appears most often when...

It tends to improve when...

It tends to worsen when...

Questions or details to bring to a professional

Overall trend

☐ Improving ☐ About the same ☐ Worsening

PAUSE AND GET HELP

Seek urgent medical care for severe or worsening pain, major swelling, inability to bear weight, numbness or weakness, deformity, or concerning symptoms after a head impact.