Sonoran
PAIN MANAGEMENT

Your Daily Pain Log

Today's Date:_____

Different things can affect your pain, including stress, sleep, concerns and food. To help you better understand what positively or negatively affects your pain, mark the following categories with the number that most closely matches your experience today. Keeping a daily pain log for a couple of weeks may help you and your physician work together to effectively reduce or manage your pain "triggers".

Pain Level	No Pain									Worst Pain
	1	2	3	4	5	6	7	8	9	10
Fear of Pain Level	No Fear									Very Anxious
	1	2	3	4	5	6	7	8	9	10
Stress Level	No Stress									Very Stressed
	1	2	3	4	5	6	7	8	9	10
Mood Level	Depressed/Worried									Cheerful
	1	2	3	4	5	6	7	8	9	10
Social Level	Alone									With Friends/Family
	1	2	3	4	5	6	7	8	9	10
Exercise Level	No Exercise									Daily Exercise
	1	2	3	4	5	6	7	8	9	10
Activity Level	No Activity									Regular Daily Activities
	1	2	3	4	5	6	7	8	9	10
Sleep Level	No Sleep									Fully Rested
	1	2	3	4	5	6	7	8	9	10
Use of Medication	No Medication									Daily Medication
	1	2	3	4	5	6	7	8	9	10
Medication Side Effects	No Side Effects									Strong Side Effects
	1	2	3	4	5	6	7	8	9	10
Appetite Level	No Appetite									Normal Appetite
	1	2	3	4	5	6	7	8	9	10
Digestive Level	Constipated									Normal
	1	2	3	4	5	6	7	8	9	10
Alcoholic Consumption	None									More Than 4 Drinks
	1	2	3	4	5	6	7	8	9	10

Minesh Zaveri, D.O.

525 N. 18th Street, Suite 304 | Phoenix, AZ 85006 | Office: (602) 251-8304 | Fax: (602) 251-8239
1492 S. Mill Avenue, Suite 314 | Tempe, AZ 85281 | Phone: (480) 968-1216 | Fax: (602) 251-8239
www.sonoranpain.com