

SAMPLE MONTHLY PAIN & SYMPTOM TRACKER

MONTH: JANUARY

DATE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
PELVIC PAIN																									M/5	M/5	M/5					
LOCATION/INTENSITY							M/4	M/4	M/5			M/5	M/6	M/7	M/7	L/5															M/6	
GI SYMPTOMS																																
PAINFUL BM														✓	✓																	
CONSTIPATION														✓	✓																	
NAUSEA																																
URINARY SYMPTOMS																																
PAIN																																
URGENCY																																
FREQUENCY																																
ACHES AND PAINS																																
LOWER BACKACHE													✓		✓																	
BLEEDING																																
AMOUNT										S	S	L	N	H	H	N																
PAIN MEDICATION																																
VOLTAREN 50MG												✓		✓												✓	✓					✓

BLOOD FLOW AMOUNT KEY:

- S = SPOTTING (TINY AMOUNT OF FLOW ON YOUR UNDERWEAR OR PANTY SHIELD)
- L = LIGHT (1-3 TAMPONS OR PADS/DAY)
- N = NORMAL (4-6 TAMPONS OR PADS/DAY)
- H = HEAVY (MORE THAN 6 TAMPONS OR PADS/DAY)

PELVIC (LOWER ABDOMEN)

PAIN LOCATION KEY:

- M = MIDDLE
- L = LEFT SIDE
- R = RIGHT SIDE

PELVIC PAIN NUMERICAL RATING SCALE:

