

# PAIN & FATIGUE JOURNAL

This journal is designed to help you track symptoms, spot patterns, and feel more prepared — whether you're managing things on your own, preparing for a doctor's visit, or just trying to make sense of what your body's telling you.

You can use it every day, once a week, or whenever you need to. There's no wrong way to use this. It's here to support you — not overwhelm you.



# PAIN & FATIGUE JOURNAL - DAILY ENTRY

Use this page to track how you're feeling. You don't need to fill out every field.  
This journal is here to support *you*. You're doing great.



**Date**



**Location** (e.g. lower back, neck, legs)



**Severity (1-10)**

1

2

3

4

5

6

7

8

9

10

☐

**Pain**

☐

**Fatigue**



**Description** (e.g. dull ache and stiffness, worse in the morning)



**What triggered it?** (e.g. overexertion, stress, lack of sleep)



**What helped?** (e.g. heating pad, rest, movement)



**Impact on your day** (e.g. missed work, stayed in bed, hard to focus)



**Other notes / patterns** (e.g. similar to last week, worsened by weather)



**Tags (optional)** (e.g. sleep quality, weather, stress, flare-up, new symptom)



# PAIN & FATIGUE JOURNAL - WEEKLY REFLECTION

At the end of the week, take a moment to reflect. This can help you spot patterns or prepare for a check-in with your doctor — or just get a clearer picture for yourself.



**Week of:** \_\_\_\_\_



**Most frequent/intense symptom this week:**

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**Any patterns in timing or triggers?**

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**What worked best for relief?**

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**Impact on daily life (work, home, rest):**

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**Questions or concerns (if any) for your doctor:**

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# PAIN & FATIGUE JOURNAL - MONTHLY TRACKER

Use this page to spot patterns or trends over time. You can jot down a severity number, circle days with symptoms, or use your own symbols — whatever feels most helpful.



Month: \_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							



**Legend / Key**



**Notes:**

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## This image shows a full page of a handwriting practice worksheet. It consists of multiple rows of horizontal dashed lines spaced evenly apart, providing a guide for letter height and placement. The background is plain white, and there are no other markings or text on the page.

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