

Personal Injury Journal

		Day of Week		Time		
				:		0
ain Location & Intensit	У					
Body Part		1-10		Type of Pain		
Body Part		1-10		Type of Pain		
Body Part		1-10		Type	of Pain	
Medication Log						
: O	Medication		Dosage		Effects	
: O	Medica	ation Dosage			Effects	
: O	Medica	tion	Dosage		Effects	
	Wedied		Dodago	Dosage		
ctivities that Increased Pain						
List activities that made y	our pain w	orse				
List dottvitios triat made y	our pain w					
ctivities that Relieved Pain						
	9					
List activities that helped	reduce yo	ur pain				
Sleep Quality						
lours of Sleep						
						•
leep Disruptions Due to Pain						
Describe how pain affecte	a your sie	ep				
Daily Living Impact						
Inable to Complete						
Activities you couldn't do	today					
Modified Activities						
	ify					
Activities you had to modi	15					
Activities you had to modi						
Activities you had to modi						
Activities you had to modi						
motional Well-being	Fair 🔘	Poor (Very Po	oor			
Emotional Well-being oday's Mood Very Good Good motional Impact	- SECTION - SOURCE S		oor			
Emotional Well-being oday's Mood Very Good Good	- SECTION - SOURCE S		oor			
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List any questions for your next appointment...

Questions for Healthcare Provider

Weekly Summary

○ Improving ○ Stable ○ Worsening ○ Fluctuating

Pain Trend

Weekly Notes

Summary notes for the week...

Pain Scale Reference:

1-2: Mild discomfort

3-4: Mild pain

7-8: Severe pain

5-6: Moderate pain 9-10: Extreme pain