

# Weekly Pain Diary

Week # \_\_\_\_\_

Action	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pain start time:							
Pain end time:							
Pain location?							
Pain quality: sharp/dull/burning etc.							
Pain Intensity (1-10)							
What helped relieve pain?							
How much relief (10-100%)							
Any other symptom like swelling or redness?							
Any numbness or tingling?							
Any fever or nausea							
Other symptoms							

Functional Medicine is a personalized approach to identification of the root cause of disease and empowerment of individuals to heal themselves.

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