

*Chronically Chic*TM

BEAUTIFULLY PRACTICAL

Pain Calendar

Thank you for downloading my pain calendar printable. I hope this helps you on your health journey.

XOXO

Kallista

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Toile de Jouy pattern designed by Bärbel Dressler. © Bear Bell Productions 2020



Pain Calendar

- Mark spotting with one red Os days with normal flow with 2 red OOs, excessively heavy bleeding with three red OOOs.
- Mark pain days with one black X, moderate pain days with two black XXs, severe pain days with three black XXXs,
- Circle the Xs if you are awakened from sleep from pain.
- Leave the day blank only if there was NO DISCOMFORT all day.
- Fill out medications list below. Mark the letter of the medication you took on the calendar

Example - April

Month

S	M	T	W	TH	F	S
			XXX ¹ C	XX ² B	X ³ BA	
5	6	7	8	9	10	11
		X	X			
XXX ¹² CD ○	XXX ¹³ CD ○○	X ¹⁴ AD ○○○	X ¹⁵ AD ○○			
19	20	21	22	23	24	25
26	27	28	29	30		

Medications

A. Advil

B. Tylenol

C. Aleve

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

J. _____

K. _____

Pain Scale

Notes

x 1-3 mild

xx 4-6 moderate

xxx 7-10 severe



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- _____
- _____
- _____
- _____
- _____

Medications

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____
- G. _____
- H. _____
- I. _____
- J. _____
- K. _____



Month

S	M	T	W	TH	F	S

Pain Scale

Notes

x 1-3 mild xx 4-6 moderate xxx 7-10 severe