

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/S	M/S	M/S						
LOCATION/INTENSITY							M/4	M/4	M/S	M/S		M/S	L/6	M/4	M/4	L/S									M/S	M/S					M/6		
GI SYMPTOMS																																	
PAINFUL BM															✓																		
CONSTIPATION														✓	✓																		
NAUSEA																																	
URINARY SYMPTOMS																																	
PAIN																																	
URGENCY																																	
FREQUENCY																																	
ACHES AND PAINS																																	
<i>Lower Backache</i>												✓																					
BLEEDING																																	
AMOUNT										S	S	L	N	H	H	N																	
PAIN MEDICATION																																	
<i>Voltaren 50mg</i>												✓														✓	✓					✓	

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:

my monthly pain & symptom tracker

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