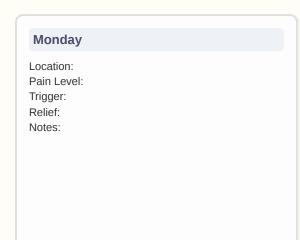
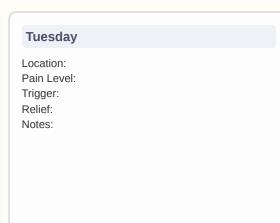


Weekly Pain Tracker

Color-code your week, track patterns, and reflect on triggers using this creative BuJo-style layout.











Saturday Location: Pain Level: Trigger: Relief: Notes:



Pain Intensity Color Scale (0–10):

























https://careclinic.io