



Weekly Pain Tracker

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

Monday

Location:
Pain Level:
Trigger:
Relief:
Notes:

Tuesday

Location:
Pain Level:
Trigger:
Relief:
Notes:

Wednesday

Location:
Pain Level:
Trigger:
Relief:
Notes:

Thursday

Location:
Pain Level:
Trigger:
Relief:
Notes:

Friday

Location:
Pain Level:
Trigger:
Relief:
Notes:

Saturday

Location:
Pain Level:
Trigger:
Relief:
Notes:

Sunday

Location:
Pain Level:
Trigger:
Relief:
Notes:

Pain Intensity Color Scale (0–10):



Legend:

= Medication

= Weather

= Inflammation

= Sharp pain

= Fatigue

