

# JOINT PAIN TRACKER

Pain Scale: 0 (None) - 10 (Severe)

Month: Year:

DAY	PAIN LEVEL	PRIMARY LOCATION(S)	STIFFNESS DURATION	SLEEP QUALITY	ACTIVITY LEVEL
1					
2					
3					
4					
5					
6					
7					
8					
9					

<b>DAY</b>	<b>PAIN LEVEL</b>	<b>PRIMARY LOCATION(S)</b>	<b>STIFFNESS DURATION</b>	<b>SLEEP QUALITY</b>	<b>ACTIVITY LEVEL</b>
10					
11					
12					
13					
14					
15					