Carespondence®

Pain Log

A pain log for caregivers.
Track when pain happens, where, and what helps.

Caring for _____ **Date** _____

Rate pain from 0 (no pain) to 10 (the worst). Note what made it better or worse.

Time	Level 0 to 10	Where	What it feels like	What helped	Logged by
2:00 PM	*6*	**Example:** *Lower back*	*Dull ache, worse standing*	*Heating pad, rested*	*CP*

Did you know you can log care on your phone?

The Carespondence app keeps a record of care in one place. Tap to record care as it happens, then share an update with family or the care team.

Scan to try it free for 7 days, or visit carespondence.com/log/pain

Free to print and share. Find more free care sheets at **carespondence.com/printables**
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A Note for You

If you're using these pages, you're showing up for someone who counts on you, often with plenty else on your plate. That's no small thing.

Some days your notes will be neat and complete. Other days you'll jot a time on the back of an envelope. Both count. What matters is that you're paying attention, and that care adds up.

Take a breath when you can. Ask for help when you need it. And give yourself the same patience you give the person you care for.

When you're ready for something easier than paper, we're here for that too.

With admiration,
The Carespondence Team

Keep Caring. We'll handle the rest.

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