SAMPLE REPORT: made-up data

Pain Report

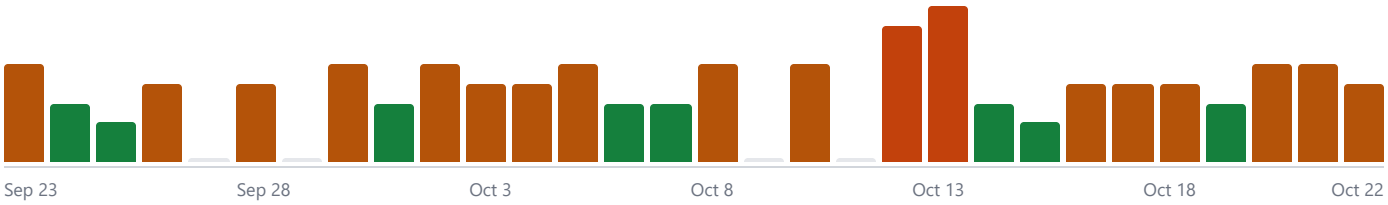
My Pain Journal: Doctor Report

PATIENT Sample Patient
PERIOD July 25, 2026 – October 22, 2026
GENERATED October 22, 2026

For tracking purposes only. Not medical advice. Not a medical device. Always consult your healthcare provider.

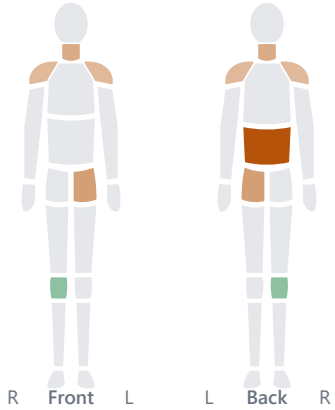
86	77	4.6/10	9/10	Lower back
ENTRIES	DAYS LOGGED	AVG INTENSITY	PEAK	MOST COMMON LOCATION

DAILY PEAK INTENSITY, LAST 30 DAYS



Flare-ups: 3 flare-ups of 7/10 or more, longest 4 days. Usual daily peak: 4.0/10.

PAIN BY LOCATION



LOCATION	TIMES	AVG INTENSITY	PEAK
Lower back	60	5.0/10	9/10
Left hip	19	5.2/10	9/10
Neck	13	4.1/10	5/10
Right knee	13	3.2/10	4/10
Shoulders	6	3.8/10	5/10

Color shows the average intensity in each area; stronger color means it hurt there more often.

PAIN TYPES

TYPE	TIMES	SHARE
Dull	30	35%
Aching	28	33%
Throbbing	15	17%
Sharp	13	15%

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TRIGGER ANALYSIS

TRIGGER	TIMES	AVG INTENSITY
Weather	20	**5.2/10**
Lifting	15	**4.7/10**
Exercise	13	**3.2/10**
Sleep	9	**4.8/10**
Sitting	7	**4.9/10**
Work	7	**4.3/10**
Stress	6	**3.8/10**

MEDICATIONS

MEDICATION	TAKEN	PAIN WHEN TAKEN	CHANGE AFTER
Ibuprofen	7	8.0/10	**−2.9** (7)
Acetaminophen	2	8.5/10	**−2.0** (2)

Change after = average change in pain at the next entry logged within 24 hours of taking it (number of follow-ups in parentheses).

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COMPLETE ENTRY LOG

DATE	TIME	PAIN	TYPE	LOCATION	DURATION	TRIGGERS	MEDICATIONS	NOTES
Oct 22, 2026	9:55 AM	4/10	Aching	Lower back, Left hip	Under 1 hour	Lifting	—	—
Oct 21, 2026	9:56 AM	5/10	Dull	Lower back	3-6 hours	Lifting	—	—
Oct 20, 2026	9:54 AM	5/10	Aching	Neck	Under 1 hour	Stress	—	—
Oct 19, 2026	7:17 AM	3/10	Sharp	Right knee	Under 1 hour	Exercise	—	—
Oct 18, 2026	8:59 AM	4/10	Sharp	Right knee	Under 1 hour	Exercise	—	—
Oct 17, 2026	8:56 AM	4/10	Aching	Neck, Shoulders	1-3 hours	Work	—	—
Oct 16, 2026	9:03 AM	4/10	Sharp	Right knee	3-6 hours	Exercise	—	—
Oct 15, 2026	8:44 AM	2/10	Sharp	Right knee	1-3 hours	Exercise	—	—
Oct 14, 2026	8:40 AM	3/10	Throbbing	Lower back	Under 1 hour	Weather	—	—
Oct 13, 2026	6:17 PM	6/10	Dull	Lower back, Left hip	1-3 hours	—	—	—
Oct 13, 2026	7:43 AM	8/10	Dull	Lower back, Left hip	3-6 hours	Lifting	Ibuprofen	—
Oct 12, 2026	6:13 PM	3/10	Throbbing	Lower back	1-3 hours	—	—	—
Oct 12, 2026	8:54 AM	7/10	Throbbing	Lower back	1-3 hours	Weather	Ibuprofen	Heat pad helped a little
Oct 10, 2026	7:24 AM	5/10	Throbbing	Lower back	3-6 hours	Sitting	—	—
Oct 8, 2026	8:57 AM	5/10	Dull	Lower back	Under 1 hour	Sleep	—	—
Oct 7, 2026	9:28 AM	3/10	Aching	Lower back	1-3 hours	Weather	—	—
Oct 6, 2026	9:36 AM	3/10	Aching	Neck, Shoulders	Under 1 hour	Stress	—	—
Oct 5, 2026	9:33 AM	5/10	Dull	Lower back, Left hip	Under 1 hour	Sleep	—	—
Oct 4, 2026	9:07 AM	4/10	Dull	Lower back	1-3 hours	Weather	—	—
Oct 3, 2026	8:53 AM	4/10	Dull	Lower back, Left hip	3-6 hours	Lifting	—	—

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DATE	TIME	PAIN	TYPE	LOCATION	DURATION	TRIGGERS	MEDICATIONS	NOTES
Oct 2, 2026	9:56 AM	5/10	Throbbing	Lower back	Under 1 hour	Sleep	—	—
Oct 1, 2026	9:17 AM	3/10	Throbbing	Lower back	1-3 hours	Weather	—	—
Sep 30, 2026	8:18 AM	5/10	Aching	Lower back, Left hip	3-6 hours	Lifting	—	—
Sep 28, 2026	8:33 AM	4/10	Throbbing	Lower back	3-6 hours	Lifting	—	—
Sep 26, 2026	7:35 AM	4/10	Dull	Lower back	Under 1 hour	Weather	—	—
Sep 25, 2026	7:38 AM	2/10	Sharp	Right knee	3-6 hours	Exercise	—	—
Sep 24, 2026	8:03 AM	3/10	Sharp	Right knee	Under 1 hour	Exercise	—	—
Sep 23, 2026	8:28 AM	5/10	Aching	Neck, Shoulders	1-3 hours	Work	—	—
Sep 22, 2026	7:00 AM	2/10	Sharp	Right knee	Under 1 hour	Exercise	—	—
Sep 21, 2026	9:17 AM	3/10	Aching	Lower back	3-6 hours	Lifting	—	—
Sep 20, 2026	9:58 AM	4/10	Sharp	Right knee	Under 1 hour	Exercise	—	—
Sep 19, 2026	7:07 AM	5/10	Aching	Lower back	1-3 hours	Weather	—	—
Sep 18, 2026	8:40 AM	4/10	Sharp	Right knee	Under 1 hour	Exercise	—	—
Sep 17, 2026	8:35 AM	5/10	Dull	Lower back, Left hip	Under 1 hour	Weather	—	—
Sep 16, 2026	9:13 AM	3/10	Sharp	Right knee	1-3 hours	Exercise	—	—
Sep 15, 2026	7:21 AM	5/10	Dull	Lower back, Left hip	1-3 hours	Lifting	—	—
Sep 14, 2026	9:27 AM	4/10	Aching	Neck	3-6 hours	Work	—	—
Sep 11, 2026	8:43 PM	7/10	Dull	Lower back, Left hip	1-3 hours	—	—	—
Sep 11, 2026	9:37 AM	9/10	Dull	Lower back, Left hip	1-3 hours	Lifting	Acetaminophen	—
Sep 10, 2026	7:49 PM	4/10	Dull	Lower back, Left hip	1-3 hours	—	—	—
Sep 10, 2026	7:15 AM	8/10	Dull	Lower back, Left hip	3-6 hours	Weather	Ibuprofen	Long drive, back locked up

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DATE	TIME	PAIN	TYPE	LOCATION	DURATION	TRIGGERS	MEDICATIONS	NOTES
Sep 9, 2026	7:17 PM	6/10	Dull	Lower back	1-3 hours	—	—	—
Sep 9, 2026	9:51 AM	9/10	Dull	Lower back	3-6 hours	Weather	Ibuprofen	—
Sep 8, 2026	7:12 AM	5/10	Aching	Lower back	1-3 hours	Lifting	—	—
Sep 7, 2026	9:04 AM	4/10	Dull	Lower back	1-3 hours	Sleep	—	—
Sep 6, 2026	8:55 AM	4/10	Aching	Neck	Under 1 hour	Stress	—	—
Sep 3, 2026	7:08 AM	3/10	Sharp	Right knee	3-6 hours	Exercise	—	—
Sep 2, 2026	9:31 AM	5/10	Aching	Lower back	Under 1 hour	Weather	—	—
Aug 31, 2026	9:40 AM	4/10	Throbbing	Lower back, Left hip	Under 1 hour	Sitting	—	—
Aug 30, 2026	9:34 AM	5/10	Aching	Lower back	1-3 hours	Sitting	—	—
Aug 29, 2026	8:31 AM	4/10	Throbbing	Lower back	1-3 hours	Weather	—	—
Aug 28, 2026	9:56 AM	4/10	Throbbing	Lower back	1-3 hours	Lifting	—	—
Aug 27, 2026	7:17 AM	4/10	Dull	Lower back	3-6 hours	Weather	—	—
Aug 26, 2026	9:55 AM	5/10	Throbbing	Lower back	Under 1 hour	Weather	—	—
Aug 25, 2026	9:52 AM	3/10	Dull	Lower back, Left hip	3-6 hours	Sleep	—	—
Aug 23, 2026	7:48 AM	5/10	Dull	Lower back, Left hip	Under 1 hour	Weather	—	—
Aug 22, 2026	7:24 AM	3/10	Sharp	Right knee	Under 1 hour	Exercise	—	—
Aug 20, 2026	9:43 AM	4/10	Dull	Lower back	Under 1 hour	Lifting	—	—
Aug 19, 2026	7:45 AM	5/10	Dull	Lower back	3-6 hours	Sleep	—	—
Aug 18, 2026	8:11 AM	5/10	Dull	Lower back, Left hip	1-3 hours	Sleep	—	—
Aug 17, 2026	7:17 AM	5/10	Aching	Lower back	Under 1 hour	Weather	—	—
Aug 16, 2026	7:10 AM	4/10	Dull	Lower back	3-6 hours	Lifting	—	—

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DATE	TIME	PAIN	TYPE	LOCATION	DURATION	TRIGGERS	MEDICATIONS	NOTES
Aug 14, 2026	9:44 AM	4/10	Sharp	Right knee	3-6 hours	Exercise	—	—
Aug 13, 2026	8:15 PM	7/10	Aching	Lower back	1-3 hours	—	—	—
Aug 13, 2026	7:08 AM	9/10	Aching	Lower back	3-6 hours	Weather	Ibuprofen	—
Aug 12, 2026	7:07 PM	6/10	Dull	Lower back	1-3 hours	—	—	—
Aug 12, 2026	7:17 AM	8/10	Dull	Lower back	1-3 hours	Weather	Ibuprofen	—
Aug 11, 2026	7:44 PM	6/10	Aching	Lower back	1-3 hours	—	—	—
Aug 11, 2026	8:27 AM	8/10	Aching	Lower back	3-6 hours	Sleep	Acetaminophen	Moved boxes over the weekend
Aug 10, 2026	7:34 PM	4/10	Dull	Lower back	1-3 hours	—	—	—
Aug 10, 2026	9:39 AM	7/10	Dull	Lower back	Under 1 hour	Sitting	Ibuprofen	—
Aug 9, 2026	9:46 AM	5/10	Aching	Neck	1-3 hours	Work	—	—
Aug 8, 2026	9:49 AM	4/10	Throbbing	Lower back, Left hip	Under 1 hour	Sitting	—	—
Aug 7, 2026	8:50 AM	3/10	Throbbing	Lower back	3-6 hours	Sleep	—	—
Aug 6, 2026	8:33 AM	4/10	Aching	Neck, Shoulders	Under 1 hour	Stress	—	—
Aug 5, 2026	7:56 AM	4/10	Aching	Neck	1-3 hours	Stress	—	—
Aug 4, 2026	7:48 AM	4/10	Aching	Lower back	3-6 hours	Sitting	—	—
Aug 3, 2026	7:53 AM	3/10	Aching	Neck, Shoulders	Under 1 hour	Stress	—	—
Aug 1, 2026	8:46 AM	4/10	Dull	Lower back	1-3 hours	Weather	—	—
Jul 31, 2026	8:57 AM	4/10	Throbbing	Lower back	3-6 hours	Weather	—	—
Jul 30, 2026	7:16 AM	4/10	Aching	Neck	Under 1 hour	Work	—	—
Jul 29, 2026	9:35 AM	4/10	Aching	Lower back	Under 1 hour	Lifting	—	—
Jul 28, 2026	7:35 AM	4/10	Aching	Neck	Under 1 hour	Work	—	—

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DATE	TIME	PAIN	TYPE	LOCATION	DURATION	TRIGGERS	MEDICATIONS	NOTES
Jul 27, 2026	7:46 AM	3/10	Throbbing	Lower back, Left hip	3-6 hours	Lifting	—	—
Jul 26, 2026	9:10 AM	4/10	Aching	Neck, Shoulders	3-6 hours	Work	—	—
Jul 25, 2026	7:32 AM	5/10	Dull	Lower back, Left hip	Under 1 hour	Sitting	—	—

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