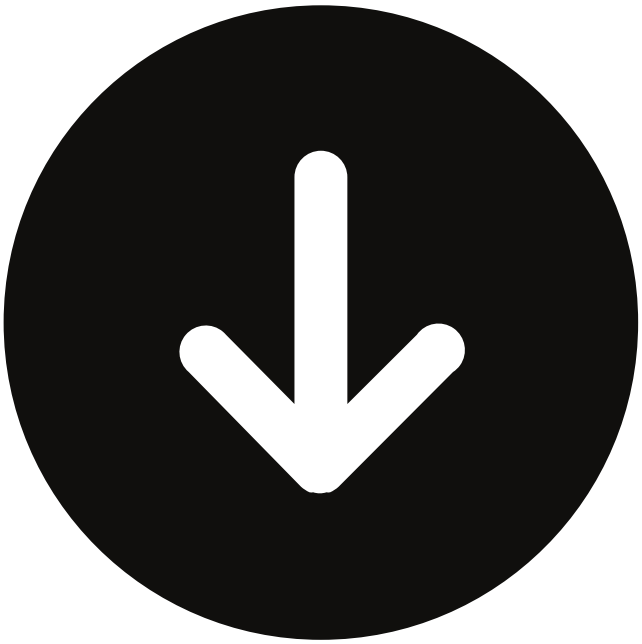
pain tracker download



acupuncture
the channel project
facial acupuncture

hi, i am andrea: welcome to my pain tracker

I am an acupuncturist and I practice by travelling around the beautiful Hertfordshire and Bedfordshire counties, bringing acupuncture to your home.

This pain tracker is designed to give you the tools to understand your pain more in-depth. What makes it better or worse. Are there peaks and troughs of pain?

No detail is too insignificant for your acupuncturist.

I hope you find this useful and if you have any questions at all please get in touch. My details are at the end.

Andrea, the acupuncturist.

how to complete this

no detail is too insignificant for your acupuncturist

1. *complete this daily for as many weeks as possible, however once a day for a month at a minimum.*
2. *i want you to be thinking about:*
    a. *your mood? are you stressed? anxious? worried?*
    b. *what you have been doing activity wise?*
    c. *time of day e.g. is your pain worse on waking?*
    d. *what the weather is like?*
    e. *the character of the pain? Is it stabbing or dull or tight or heavy or stiff etc*
    f. *what makes it better or worse e.g. lying down or a bath or putting pressure on it etc*
    g. *jot down, on the person, where the pain is*
    h. *what was your sleep like the night before?*
    i. *your energy?*
    j. *what have you eaten or drunk?*
    k. *where are you on your menstrual cycle (if this is applicable)*

for the monthly tracker

1. *using the daily tracker write on each day what your pain level was like that day (out of 1-5)*
2. *what are you noticing?*
    a. *better or worse during the week?*
    b. *better or worse during which season?*
    c. *are there significant peaks and troughs during the month?*

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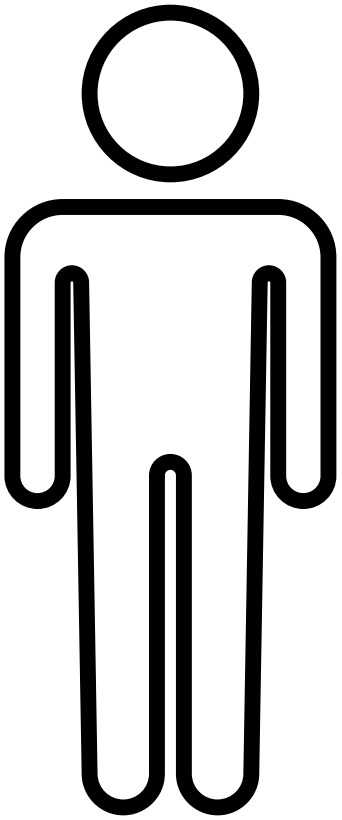
	1	2	3	4	5
pain	○	○	○	○	○
energy	○	○	○	○	○
stress	○	○	○	○	○
mood	○	○	○	○	○
sleep	○	○	○	○	○



score your pain out of 5. 5 being the worst

time	symptom	trigger

date:

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	J	F	M	A	M	J	J	A	S	O	N	D
1												
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monthly pain tracker

I am a mobile acupuncturist in Hertfordshire & Central Bedfordshire.

I bring acupuncture to you.

- *pain: musculoskeletal, headaches, migraines*
- *facial acupuncture: wrinkles, acne, dark circles*
- *menstrual concerns: pain, fertility, amenorrhea, menopause*
- *mental health: depression, anxiety, stress*
- *sleep problems: insomnia, hot flushes*
- *allergies: seasonal and perennial*

I also offer cupping therapy massage

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