

# hi, i am andrea, the acupuncturist: welcome to my free 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

no detail is too insignificant for me, as 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? walking up the stairs? reading a book? sitting at your computer?

c. time of day i.e. when is your symptom worse?

d. what the weather is like?

e. if you have pain what is the character of the pain? Is it stabbing or dull or tight or heavy or stiff etc

f. what makes the pain better or worse e.g. lying down or a bath or putting pressure on it etc

g. what was your sleep like the night before?

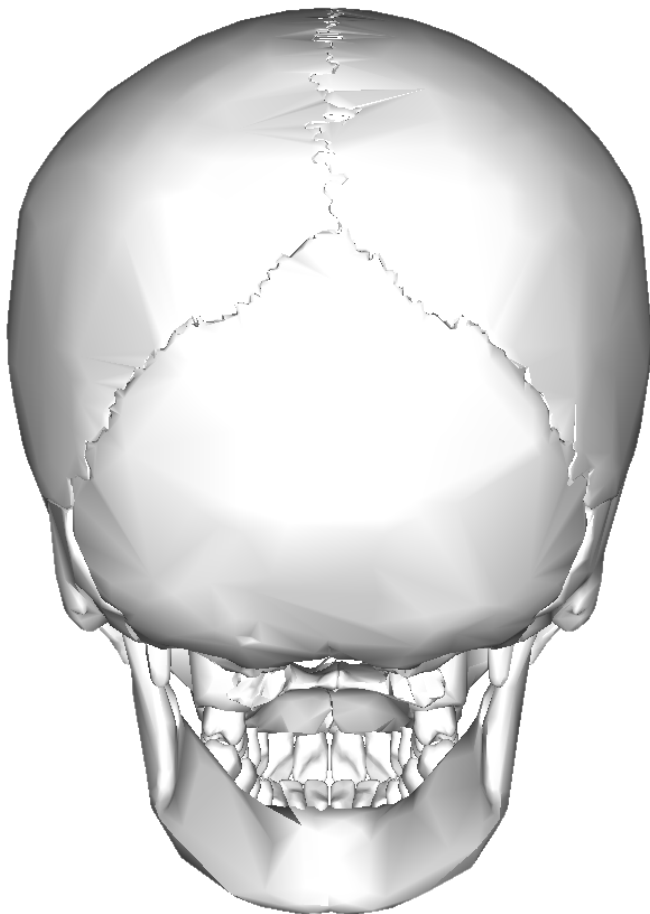
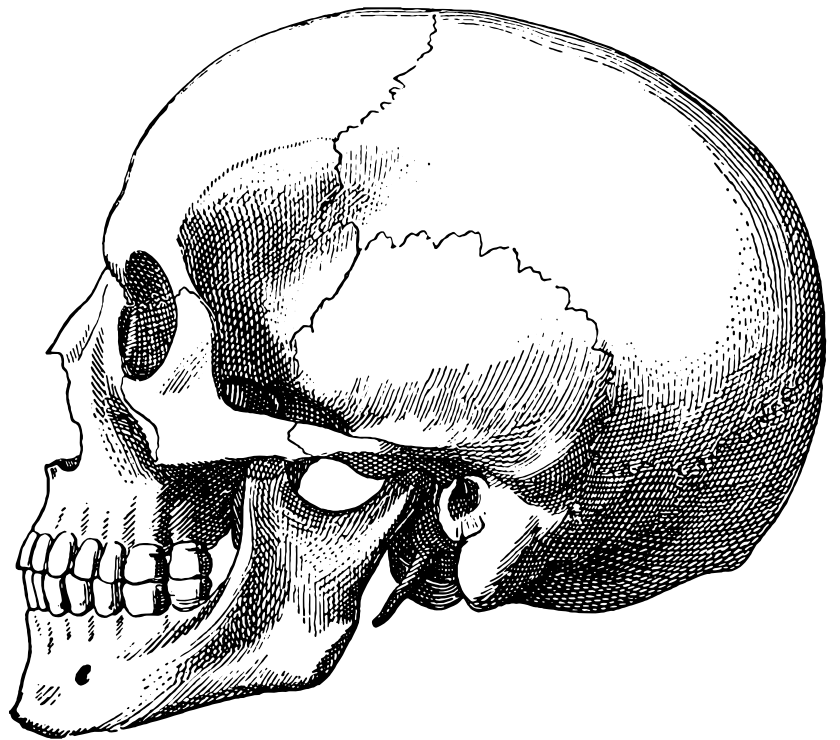
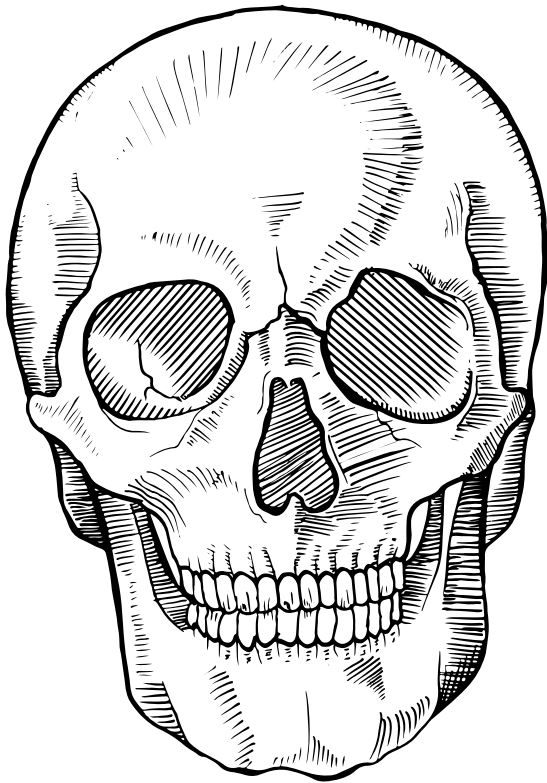
h. your energy?

i. what have you eaten or drunk?

j. where are you on your menstrual cycle (if this is applicable)

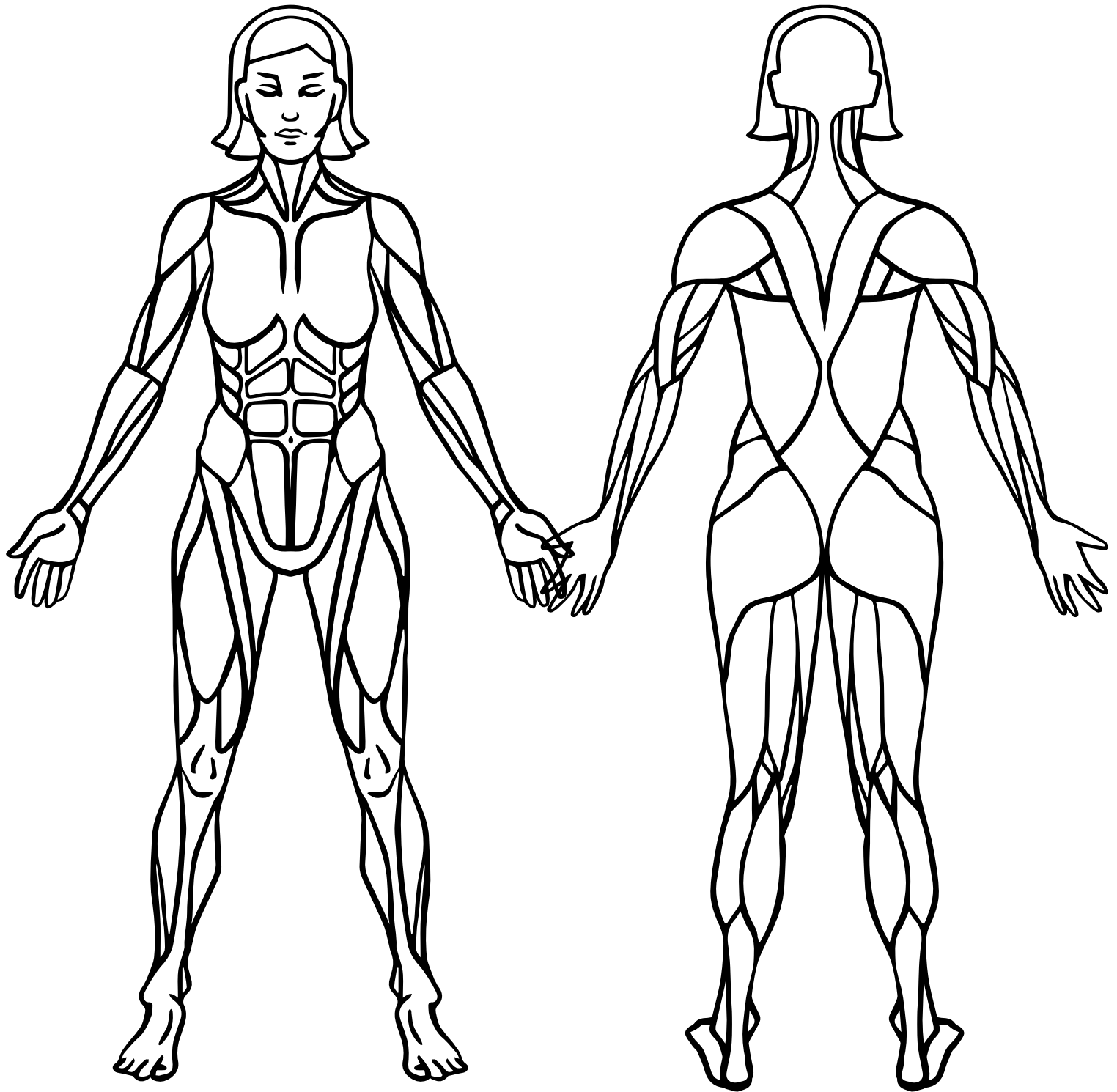


# WHERE IS YOUR PAIN?



draw where your  
pain is and where it  
radiates too

# WHERE IS YOUR PAIN?



draw where your  
pain is and where it  
radiates too

PAIN SCALE (0 = NO PAIN / 10 = UNBEARABLE PAIN)

[illegible]





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

andrea@thechannelproject.co.uk  
07876224566  
www.thechannelproject.co.uk

