



# Back Tracker Form

Helping provide accurate information about your pain helps us understand your condition better.

Our seven day journal allows you to track your back pain and share this information with your doctor.

Date	Duration	Type of Pain	How Painful?	Possible Causes	Medication
	Include Start/End Time	Such as Dull, Aching, Hot, Throbbing	Rate the Pain: 1=Mild 2= Moderate 3= Severe	Did Something Trigger the Pain?	What did you Take? Did it Help?