



ENDOMETRIOSIS DAILY TRACKING

www.endowarriorsaotearoa.com

DATE:



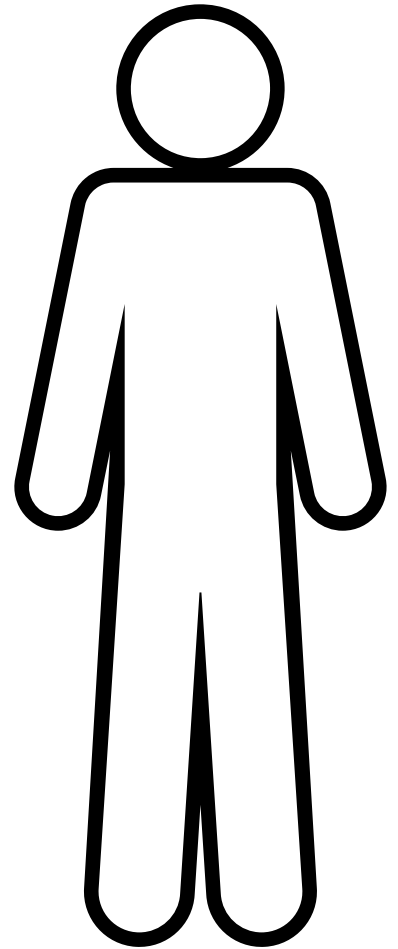
PAIN SCALE



SYMPTOMS

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PAIN LOCATION



PAIN RELIEF/METHODS USED

Blank lines for recording pain relief methods

WATER INTAKE:



HOW LONG DID PAIN LAST

Blank space for recording pain duration

MEAL TRACKER

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

LOW

MED

HIGH

SLEEP

ENERGY LEVELS:



ACTIVITY LEVEL:



NOTES:

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TODAY I AM GRATEFUL FOR:

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