



My Body, My Voice

Endometriosis Whole-Body Symptom & Support Diary

**A fillable diary for endometriosis, pelvic pain, flares,
appointments and daily life**

**This is not just a period tracker. This is a whole-body
symptom and support diary for endometriosis, pelvic
pain, flares, appointments, support and daily life.
Created by Endo Warriors Aotearoa. Offered by koha to
support our education, advocacy and community mahi.**

Name

Start date

Month covered

**EDUCATIONAL INFORMATION ONLY. PLEASE SEEK
MEDICAL ADVICE FOR DIAGNOSIS AND TREATMENT.**

**COPYRIGHT © 2026 ENDO WARRIORS
AOTEAROA. ALL RIGHTS RESERVED.**

A NOTE FROM YESSENIA

Kia ora,

I'm Yessenia Sandoval, founder of Endo Warriors Aotearoa.

I created this diary because I know what it is like to live with endometriosis for more than 20 years and to feel like you are constantly trying to explain, prove or justify your pain. For too many of us, endometriosis has meant years of symptoms, being dismissed, missing school, mahi, whānau time, appointments that feel rushed, and trying to remember everything while exhausted or in pain. Endometriosis is not just a bad period. It is a chronic whole-body inflammatory condition that can affect pain, energy, bowel, bladder, sleep, sex, fertility, mental wellbeing, school, study, mahi and daily life.

This diary was made to help you notice patterns, prepare for appointments, track flares, explain your needs, and remind yourself that your symptoms matter. You do not need to fill in every page. Use what helps. Leave what does not. Come back to it when you have capacity.

My hope is that this diary helps you feel a little more prepared, a little more believed, and a little less alone.

Your pain is real.

Your body deserves care.

Your story matters.

Yessenia

Ngā mihi nui,

Yessenia Sandoval

Founder, Endo Warriors Aotearoa





START HERE

Welcome

This diary is designed to help you notice patterns, prepare for appointments, explain your needs, and create support plans. Use only the pages that feel useful. You do not need to fill in everything.

How to use it

1. Track patterns

Use the daily tracker, flare tracker and monthly summary to notice what is happening over time.

2. Prepare for care

Take relevant pages to your GP, specialist, pelvic physio, pharmacist or counsellor.

3. Share safely

You choose what to share. You do not need to disclose private details to get support.

Helpful reminders

- Endometriosis is not just a period illness.
- Your pain is real, even if scans or tests have not shown the full picture.
- Rest, pacing and support are part of care.
- Food, breathing, heat and gentle movement are support tools, not cures.
- You deserve care, answers and a plan that fits your life.

Koha note: Your koha helps keep EWA resources free and supports our education and advocacy mahi. If cost is a barrier, please contact us. We do not want cost to stop anyone accessing support.

COPYRIGHT © 2026 ENDO WARRIORS AOTEAROA. ALL RIGHTS RESERVED.



PRIVACY & SAFETY

Before you start

Privacy note

This diary is for you. If you use it digitally, it stays on your own device unless you choose to share it. If you print it, keep it somewhere safe. You can remove or hide pages before sharing.

Medical note

This diary is educational and supportive only. It is not a diagnosis tool, prescription, treatment plan or replacement for medical advice. Please speak with your GP, specialist or healthcare provider about your symptoms and care plan.

When to seek urgent help

- sudden severe pain or pain that feels different or unsafe
- heavy bleeding, fainting, collapse or signs of shock
- fever or signs of infection
- chest pain or shortness of breath
- pregnancy concerns or possible ectopic pregnancy
- severe vomiting, dehydration or being unable to keep fluids down
- cannot pass urine
- new weakness, numbness, saddle numbness or loss of bowel/bladder control
- thoughts of harming yourself or feeling unsafe

In an emergency call 111. If you are worried or unsure what to do, call Healthline free on 0800 611 116.

EDUCATIONAL INFORMATION ONLY. PLEASE SEEK MEDICAL ADVICE FOR DIAGNOSIS AND TREATMENT.

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.

Use this page

Endometriosis can affect the whole body. Tick what shows up for you, then add notes about severity, patterns and daily impact. This page can help you explain symptoms without needing to remember everything in an appointment.

Pain and pelvic symptoms

- | | |
|--|--|
| ☐ pelvic pain | ☐ period pain |
| ☐ ovulation pain | ☐ back/hip/leg pain |
| ☐ pain with bowel motions | ☐ pain when weeing |
| ☐ pain with sex/intimacy | ☐ pelvic heaviness |

Whole-body symptoms

- | | |
|-------------------------------------|---------------------------------------|
| ☐ fatigue | ☐ brain fog |
| ☐ nausea | ☐ bloating |
| ☐ headaches | ☐ dizziness |
| ☐ poor sleep | ☐ low appetite |

Bowel, bladder and bleeding

- | | |
|---------------------------------------|--|
| ☐ constipation | ☐ diarrhoea |
| ☐ urgency | ☐ UTI-like symptoms |
| ☐ endo belly | ☐ heavy bleeding |
| ☐ clots | ☐ spotting |

Life impact

- | | |
|--|---|
| ☐ miss school/study | ☐ miss mahi |
| ☐ cancel plans | ☐ need bed rest |
| ☐ hard to parent/care | ☐ low mood |
| ☐ anxiety | ☐ mobility support |

Quick snapshot

Usual pain range

Worst pain range

Main flare signs

Top 3 symptoms I need help with



DAILY IMPACT

Impact areas

Tick what is affected

- | | | |
|---|--|--|
| ☐ sleep | ☐ eating | ☐ mobility |
| ☐ exercise or movement | ☐ school or study | ☐ mahi or income |
| ☐ parenting or caring | ☐ relationships | ☐ sex or intimacy |
| ☐ mental wellbeing | ☐ social plans | ☐ household tasks |

What I want my healthcare team to understand

What I want support people to understand

My main goals for the next month

A GOAL CAN BE SIMPLE: LESS PAIN AT NIGHT, FEWER CRASHES, A REFERRAL, A PAIN PLAN, MORE SUPPORT AT SCHOOL OR MAHI, OR FEELING BELIEVED.

MY NORMAL

Why this helps

Sometimes people only see one version of you. This page helps you explain what a usual day, early flare and bad flare can look like.

Usual day

Pain/body signs

Energy level

What I can do

What I need

What makes it worse

Early flare signs

Pain/body signs

Energy level

What I can do

What I need

What makes it worse

Bad flare day

Pain/body signs

Energy level

What I can do

What I need

What makes it worse



WHAT HELPS / WHAT HARMS

PATTERNS

Use this page

Track what supports you and what tends to worsen symptoms. Everyone is different. This page is about learning your body, not blaming yourself.

Helps me	Makes symptoms worse	Unsure or still testing	Notes for GP /specialist

Examples to consider: heat, TENS, rest, movement, food, hydration, medication, sleep, stress, bowel care, intimacy, work/school load and support.



MY PAIN PLAN

**CHECK WITH
GP**

Important

This plan is not a prescription. It is a guide to help you and your healthcare team create a safer pain plan that fits your body, your symptoms and your life.

GREEN: MY EVERYDAY PAIN PLAN

My usual symptoms

My usual pain score

What helps me stay steady

Gentle movement or rest that helps

Food, hydration or bowel care that helps

Medicines I can take safely

Things I avoid because they flare me

Take this page to your GP, specialist or pharmacist to check medicines, doses, timing, side effects and what not to mix.



MY PAIN PLAN

EARLY FLARE

When to use this page

Use yellow when pain or symptoms are increasing, but you are still safe at home and can try your agreed flare steps.

Yellow: pain is increasing

My early flare signs

What I do first

Medicine plan checked by doctor/pharmacist

Heat, TENS, breathing or rest options

Who I message or ask for help

What I stop, cancel or postpone

When I reassess

Stopping early is not failure. It is pacing and protection.

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.

Orange: pain is not controlled

What uncontrolled pain looks like for me

How long I wait before getting help

Who I call first

GP / after-hours / Healthline plan

What information I give them

Symptoms that mean I should not wait

Questions to check with doctor or pharmacist

- | | |
|---|---|
| ☐ What medicines can I take together? | ☐ What should I not mix? |
| ☐ What is the maximum safe dose for me? | ☐ What side effects should I watch for? |
| ☐ What should I do if I vomit after medicine? | ☐ Is this safe with my other medicines or supplements? |
| ☐ Is this safe if pregnant, trying to conceive, breastfeeding or having surgery? | ☐ What is the plan if pain keeps breaking through? |

Notes from my doctor/pharmacist

Pain is not controlled or feels unsafe

Sometimes endometriosis or pelvic pain flares can be managed with your usual pain relief plan, rest, heat, TENS, pacing and support. But some symptoms need urgent medical advice, especially if the pain is new, different, sudden, severe, or not settling with your usual pain medicines.

Get urgent medical help, go to urgent care or ED, or call 111 in an emergency if you have:

- sudden severe pain that is not managed with your usual pain medicines or pain relief plan
- new, different, worsening or one-sided pain that feels unsafe
- heavy bleeding, especially if it is unusual for you
- fainting or collapse
- fever or signs of infection
- chest pain or shortness of breath
- pregnancy concerns, especially with pain or bleeding
- severe vomiting or signs of dehydration
- cannot pass urine
- new weakness, numbness, saddle numbness, or loss of bowel or bladder control
- you feel unsafe or at risk of harm

When asking for help, it can be useful to say:

- when the pain started
- where the pain is
- whether the pain feels new or different
- what medicines you have taken and when
- whether you have bleeding, fever, vomiting, dizziness or fainting
- whether pregnancy is possible
- whether you can pass urine
- whether you have any new weakness, numbness, or loss of bowel or bladder control

Reminder: You are not overreacting by asking for help when something feels wrong. You know your body. Sudden, severe, new, different or unsafe symptoms should be checked.

In an emergency call 111. If you are worried or unsure what to do, call Healthline free on 0800 611 116.

Support tools, not cures

Breathing and grounding can help some people settle overwhelm, panic related to pain or pelvic tension. They do not replace medical care. Stop or change the tool if it makes you feel worse.

Try one tool for 1 to 3 minutes. Gentle is enough.

Longer exhale: breathe in 4, breathe out 6

1. Longer exhale

In 4, out 6. Useful for pain overwhelm, anxiety or waiting rooms.

Best when: I feel panicky or wound up.

2. Box breathing

In 4, hold 4, out 4, hold 4. Keep it soft and stop if uncomfortable.

Best when: I need focus or grounding.

3. Pelvic floor drop

Breathe into ribs and belly. As you breathe out, imagine the pelvic floor softening. Do not push. Not Kegels.

Best when: I feel pelvic tension.

4. 5 senses grounding

Name 5 things you see, 4 feel, 3 hear, 2 smell and 1 taste.

Best when: pain, trauma or appointments feel overwhelming.

Tools I want to try

What helped or did not help

Support, not a cure

These options may help some people get through hard days alongside medical care. Choose what fits your body, disability, budget, culture, whānau life and care plan. You do not need to earn rest.

Heat and comfort

Heat pack, warm shower, soft clothes, pillow support. Use heat safely and avoid burns.

TENS

May help some people. Follow device instructions and ask a clinician if you are pregnant, are unsure, or have a medical device.

Rest or gentle movement

Rest is valid. Gentle movement should be body-led, not forced, especially during flares.

Pacing

Break tasks into steps, rest before the crash, and plan around energy rather than guilt.

Food and hydration

Fed is best. Try easy food, freezer meals, soup, toast, smoothies or electrolytes if useful.

Sleep reset

Lower light, reduce noise, use comfort positioning and create a small wind-down routine.

Bowel and bladder support

Track changes, avoid holding on too long and seek advice for new, severe or worsening symptoms.

Ask for help

Support can be meals, rides, childcare, forms, advocacy or someone attending appointments.

Flare-day reminder: lower the bar, protect the basics, ask earlier, and come back to what your body needs now.



WHEN YOU FEEL DISMISSED

YOU MATTER

You are not the problem

Endometriosis is real, even when others do not understand it. Being dismissed by doctors, whānau, partners, school, study or mahi can be painful and exhausting. This page is not about proving your pain. It is a place to steady yourself, name what happened, and choose your next step.

**My pain is real. My symptoms matter.
I deserve care, support and answers.**

What I know is true about my body

What happened that made me feel dismissed or unheard

What I wish they understood

What I needed in that moment

What I need next / who can support me right now

Next step could be rest, writing notes, asking for a support person, requesting documentation, booking another appointment, or seeking a second opinion.

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.



HELPING OTHERS UNDERSTAND

WHĀNAU SUPPORT

Use this page

Sometimes people want to support you but do not know how. Sometimes they minimise things because they do not understand endometriosis. You do not have to share everything. This page helps you choose what you want others to know and what kind of support feels useful.

What I want them to know: endometriosis is not just a bad period. It can affect pain, energy, bowel, bladder, sleep, sex, fertility, mental wellbeing, school, study, mahi and daily life.

On a good day

On a flare day

When I am quiet or withdrawn, it may mean

When I cancel plans, it usually means

Please do

Please do not

Things that help during a flare

Things people say that hurt or dismiss me

How to use these cards

Print this page, screenshot a card, or copy the words into a text message. Change any wording so it sounds like you.

For family or friends

Kia ora, I need a bit more understanding and support. Endometriosis is not just period pain. It can affect pain, fatigue, bowel and bladder symptoms, sleep, mood and daily life. I do not need you to fix it. I need you to believe me, be patient and ask what would help.

For a partner

Endometriosis can affect my pain, energy, mood, intimacy, sleep and daily life. When I am in pain or exhausted, I need support, not pressure or guilt. Practical help, patience, affection without expectation and believing me make a difference.

For school, study or mahi

I have a chronic health condition that can affect pain, fatigue, concentration, attendance and daily functioning. I am asking for practical support so I can keep participating as much as possible.

For a hard flare day

I am having a flare. I may need to cancel, rest, use heat, take medication, avoid noise, or ask for practical help. Please do not make me feel guilty. I am doing what I can.

For appointments

This is affecting my daily life. I need a plan for pain and flares. Please document what we discuss today, including any referrals, tests or next steps.

For boundaries

I am not able to do that today. I need to protect my energy and symptoms. This is not personal. I will let you know what support would help.

My own words to use



MY BOUNDARIES

WHAT I NEED

SUPPORT

Boundaries are care

Boundaries help people understand what is supportive, what is private, and what you need when symptoms affect daily life. A boundary is not rejection. It is information about what helps you stay safe, connected and as well as possible.

Examples: I cannot talk about this right now. Please ask before giving advice. I need help, not pressure. I can come, but I may need to leave early.

I am okay talking about

I am not okay talking about

Things people say that feel supportive

Things people say that feel dismissive

What I need when I say no

What I need when I cancel plans

You are allowed to protect your energy, privacy, body and time.

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.



ENERGY BUDGET

PACING THE DAY

NO GUILT

Use this on low-energy days

This page helps you choose what matters most, what can wait, and where support could reduce pressure. Energy is limited during pain, fatigue or flares. The aim is to protect the basics, not do everything.

BEFORE CHOOSING TASKS, ASK: WHAT KEEPS ME SAFE, FED, SUPPORTED AND ABLE TO RECOVER?

Must do today

Can wait

Can ask for help with

Rest time I will protect

What I am not doing today without guilt

One kind thing I can do for myself

TIP: A LOW-ENERGY PLAN CAN INCLUDE DOING LESS, USING SHORTCUTS, ASKING FOR HELP, CANCELLING, OR RESTING BEFORE SYMPTOMS SPIKE.

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.



MEDICATION

CHECK SAFETY

Medication safety

Use this to track medicines, pain relief and supplements. Check with your GP, specialist or pharmacist about doses, timing, side effects and what not to mix.

Medicine/ supplement	Dose	Time	Reason	Helped?	Notes

Questions for doctor/pharmacist

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.



SIDE EFFECT LOG

**TRACK
PATTERNS**

Use this page

Record new symptoms, side effects, or changes after starting, stopping, or changing a medicine, supplement or treatment.

Date	Medicine/change	What I noticed	Severity	What I did

What I need to ask about

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.



APPOINTMENT

BE HEARD

Before you go

Appointments can feel rushed, especially when pain, fatigue or past dismissal makes it hard to speak. Use this page to choose the key things you want understood. You can read from it, hand it over, or ask a support person to help.

Focus on impact: what symptoms stop you doing, how often this happens, what you have tried, and what next step you need.

Appointment with

Date/time

Top symptoms or concerns

How this affects daily life

What I have already tried

What I need help with today

Referrals, tests or options I want to discuss

What I want documented

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.

Useful phrases

You can use these words when you freeze, feel rushed or are worried you will not be believed.

This is affecting my daily life.

I need a plan for pain and flares.

What are the next steps?

Can you document that I asked about this?

I would like a referral or second opinion.

What should I do if this gets worse?

Can you explain the risks, benefits and alternatives?

What other conditions should be checked?

My own words



AFTER APPOINTMENT SUMMARY

NEXT STEPS

Do this soon after

Fill this in while the appointment is still fresh. It can help with follow-up, referrals, medication changes and future appointments.

What was discussed

What was prescribed or changed

Tests or referrals ordered

Follow-up date or plan

What I still need help with

Questions that came up afterwards



CARE TEAM

SUPPORT LIST

Keep details together

Add contact details for people and services involved in your care and support.

Role/service	Name	Phone/email	Notes
GP			
Gynaecologist			
Pelvic physio			
Pharmacist			
Counsellor			
Support person			
Emergency contact			
After-hours clinic			
Other			



4-WEEK DAILY Week 1

WHOLE-BODY

How to use

Fill in what matters and leave the rest. You do not need perfect notes. Even a few words can show patterns in pain, bleeding, bowel, bladder, fatigue, mood, medication, what helped and daily impact. The goal is support, not another chore.

Tip: bring this page to appointments if you need to show frequency, impact or change over time.

Day/date	Pain 0-10	Main symptoms	Bleeding	Bowel/bladder	Fatigue/mood	Medication/support	What helped	Daily impact

Patterns I noticed this week

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.



4-WEEK DAILY Week 2

WHOLE-BODY

How to use

Fill in what matters and leave the rest. You do not need perfect notes. Even a few words can show patterns in pain, bleeding, bowel, bladder, fatigue, mood, medication, what helped and daily impact. The goal is support, not another chore.

Tip: bring this page to appointments if you need to show frequency, impact or change over time.

Day/date	Pain 0-10	Main symptoms	Bleeding	Bowel/bladder	Fatigue/mood	Medication/support	What helped	Daily impact

Patterns I noticed this week

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.



4-WEEK DAILY Week 3

WHOLE-BODY

How to use

Fill in what matters and leave the rest. You do not need perfect notes. Even a few words can show patterns in pain, bleeding, bowel, bladder, fatigue, mood, medication, what helped and daily impact. The goal is support, not another chore.

Tip: bring this page to appointments if you need to show frequency, impact or change over time.

Day/date	Pain 0-10	Main symptoms	Bleeding	Bowel/bladder	Fatigue/mood	Medication/support	What helped	Daily impact

Patterns I noticed this week

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721



4-WEEK DAILY Week 4

WHOLE-BODY

How to use

Fill in what matters and leave the rest. You do not need perfect notes. Even a few words can show patterns in pain, bleeding, bowel, bladder, fatigue, mood, medication, what helped and daily impact. The goal is support, not another chore.

Tip: bring this page to appointments if you need to show frequency, impact or change over time.

Day/date	Pain 0-10	Main symptoms	Bleeding	Bowel/bladder	Fatigue/mood	Medication/support	What helped	Daily impact

Patterns I noticed this week

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721



FLARE TRACKER

**WHAT
HAPPENED**

Use after bigger flares

Use this after a flare that was worse, longer, different or harder to manage than usual. It can help you notice early warning signs, what helped, what did not help, and what support or medical advice may be needed next time.

**YOU DO NOT NEED TO FILL THIS IN DURING THE FLARE.
REST FIRST. COME BACK TO IT WHEN YOU HAVE CAPACITY.**

Date/time flare started

What symptoms showed up

Possible triggers, load or early signs before flare

What helped

What did not help

Who supported me

How long recovery took

What I might try next time

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.



END-OF-MONTH

**FOR
APPOINTMENTS**

Why this matters

This page turns daily notes into a summary you can take to appointments.

Worst symptoms this month

Number of flare days

School/study/mahi impact

Bowel or bladder symptoms

Medication changes or side effects

What helped

What did not help

Top 3 things I need help with next

Gentle reflection

Living with chronic pain takes strength. This page is for noticing care, boundaries and support, even when the month was hard.

One thing I did to care for myself

One appointment or conversation I got through

One boundary I held

One thing I learned about my body

One support I accepted

One next step I am proud of



COMMUNITY OFFERS

**EWA
SUPPORT**

At times, we share various discount codes online, and you may see others that you want to keep track of. This is a place where you can write them down and keep any offers that may be helpful. These offers are shared to help reduce costs. They are not medical advice, an endorsement, or a guarantee that a product will work for everyone. Please choose what fits your body, budget and care plan.

Business	Product/service	Code	Offer	Notes

FREE EWA RESOURCES TO LOOK FOR

- | | |
|---|--|
| ☐ WINZ appointment checklist | ☐ school support request |
| ☐ workplace conversation guide | ☐ surgery preparation |
| ☐ medication tracker | ☐ pelvic physio prep |
| ☐ questions before surgery | ☐ questions before hormonal treatment |
| ☐ pacing pack | ☐ flare plan |

ENDO WARRIORS AOTEAROA

www.endowarriorsaotearoa.com | info@endowarriorsaotearoa.com | 027 254 1721

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved.

You do not need to prove your pain to deserve care.

Your symptoms matter. Your daily life matters. You deserve support that sees the whole person, not just a period.

My next step

Who I can ask for support

**Endo Warriors Aotearoa www.endowarriorsaotearoa.com
info@endowarriorsaotearoa.com | 027 254 1721**

Copyright © 2026 Endo Warriors Aotearoa. All rights reserved. This digital diary is provided for personal use only. Please do not copy, share, sell, upload, adapt, or reproduce this resource without written permission. Your koha helps support our education, advocacy and community mahi across Aotearoa.