

A close-up portrait of a woman with long, dark brown hair, smiling gently. She is wearing a pearl headband and a necklace with pink and silver beads. The background is a light blue gradient.

HEALTH
DIARY TOOL

JUDITH, Cancer Survivor

Health Diary Tool

TIPS FOR USING THE HEALTH DIARY TOOL:

- Use this tool to write down any physical or emotional changes you have.
- Keep entries short and to the point.
- Write down the date and time of the changes.
- Write down how long the changes last.
- Give the diary to your healthcare provider at each visit.
- If you have pain, use the Pain Rating Scale found in the Additional Tools section to write down how much pain you have.
- Additional copies of the Health Diary Tool are available for print at www.livestrong.org/espanol.

Health Diary Tool (Example)

Name: **Antonio Lopez**

DATE	TIME	Write down any changes in your physical and emotional health
1/1/06	6:00 am	My lower back was hurting (Pain = 3)
1/1/06	12:00 pm	My lower back not hurting as bad (Pain = 2)
1/1/06	9:00 pm	My lower back was hurting again (Pain = 3)
1/15/06	1:00 am	I am unable to sleep because I am worried about my cancer returning
1/22/06	3:00 pm	I am feeling tired this afternoon
1/23/06	2:00 pm	I feel tired again today
1/24/06	3:00 pm	I have a little more energy today
1/28/06	5:00 pm	My legs are swollen today

**IF YOU HAVE PAIN, USE THE PAIN RATING SCALE FOUND IN THE ADDITIONAL TOOLS SECTION TO WRITE DOWN HOW MUCH PAIN YOU HAVE.

Health Diary Tool

Name: _____

DATE	TIME	Write down any changes in your physical and emotional health

**IF YOU HAVE PAIN, USE THE PAIN RATING SCALE FOUND IN THE ADDITIONAL TOOLS SECTION TO WRITE DOWN HOW MUCH PAIN YOU HAVE.