

# Schmerztagebuch

| Tag              | Montag  |         |        |        | Dienstag |         |        |        | Mittwoch |         |        |        | Donnerstag |         |        |        | Freitag |         |        |        | Samstag |         |        |        | Sonntag |         |        |        |
|------------------|---------|---------|--------|--------|----------|---------|--------|--------|----------|---------|--------|--------|------------|---------|--------|--------|---------|---------|--------|--------|---------|---------|--------|--------|---------|---------|--------|--------|
| Datum            |         |         |        |        |          |         |        |        |          |         |        |        |            |         |        |        |         |         |        |        |         |         |        |        |         |         |        |        |
| Tageszeit        | morgens | mittags | abends | nachts | morgens  | mittags | abends | nachts | morgens  | mittags | abends | nachts | morgens    | mittags | abends | nachts | morgens | mittags | abends | nachts | morgens | mittags | abends | nachts | morgens | mittags | abends | nachts |
| Genauere Uhrzeit |         |         |        |        |          |         |        |        |          |         |        |        |            |         |        |        |         |         |        |        |         |         |        |        |         |         |        |        |
| Starker Schmerz  | 10      | 10      | 10     | 10     | 10       | 10      | 10     | 10     | 10       | 10      | 10     | 10     | 10         | 10      | 10     | 10     | 10      | 10      | 10     | 10     | 10      | 10      | 10     | 10     | 10      | 10      | 10     | 10     |
|                  | 9       | 9       | 9      | 9      | 9        | 9       | 9      | 9      | 9        | 9       | 9      | 9      | 9          | 9       | 9      | 9      | 9       | 9       | 9      | 9      | 9       | 9       | 9      | 9      | 9       | 9       | 9      | 9      |
|                  | 8       | 8       | 8      | 8      | 8        | 8       | 8      | 8      | 8        | 8       | 8      | 8      | 8          | 8       | 8      | 8      | 8       | 8       | 8      | 8      | 8       | 8       | 8      | 8      | 8       | 8       | 8      | 8      |
|                  | 7       | 7       | 7      | 7      | 7        | 7       | 7      | 7      | 7        | 7       | 7      | 7      | 7          | 7       | 7      | 7      | 7       | 7       | 7      | 7      | 7       | 7       | 7      | 7      | 7       | 7       | 7      | 7      |
|                  | 6       | 6       | 6      | 6      | 6        | 6       | 6      | 6      | 6        | 6       | 6      | 6      | 6          | 6       | 6      | 6      | 6       | 6       | 6      | 6      | 6       | 6       | 6      | 6      | 6       | 6       | 6      | 6      |
|                  | 5       | 5       | 5      | 5      | 5        | 5       | 5      | 5      | 5        | 5       | 5      | 5      | 5          | 5       | 5      | 5      | 5       | 5       | 5      | 5      | 5       | 5       | 5      | 5      | 5       | 5       | 5      | 5      |
|                  | 4       | 4       | 4      | 4      | 4        | 4       | 4      | 4      | 4        | 4       | 4      | 4      | 4          | 4       | 4      | 4      | 4       | 4       | 4      | 4      | 4       | 4       | 4      | 4      | 4       | 4       | 4      | 4      |
|                  | 3       | 3       | 3      | 3      | 3        | 3       | 3      | 3      | 3        | 3       | 3      | 3      | 3          | 3       | 3      | 3      | 3       | 3       | 3      | 3      | 3       | 3       | 3      | 3      | 3       | 3       | 3      | 3      |
|                  | 2       | 2       | 2      | 2      | 2        | 2       | 2      | 2      | 2        | 2       | 2      | 2      | 2          | 2       | 2      | 2      | 2       | 2       | 2      | 2      | 2       | 2       | 2      | 2      | 2       | 2       | 2      | 2      |
|                  | 1       | 1       | 1      | 1      | 1        | 1       | 1      | 1      | 1        | 1       | 1      | 1      | 1          | 1       | 1      | 1      | 1       | 1       | 1      | 1      | 1       | 1       | 1      | 1      | 1       | 1       | 1      | 1      |
| Kein Schmerz     | 0       | 0       | 0      | 0      | 0        | 0       | 0      | 0      | 0        | 0       | 0      | 0      | 0          | 0       | 0      | 0      | 0       | 0       | 0      | 0      | 0       | 0       | 0      | 0      | 0       | 0       | 0      | 0      |
| Medikament       |         |         |        |        |          |         |        |        |          |         |        |        |            |         |        |        |         |         |        |        |         |         |        |        |         |         |        |        |
| Schmerzort       |         |         |        |        |          |         |        |        |          |         |        |        |            |         |        |        |         |         |        |        |         |         |        |        |         |         |        |        |
| Schmerzdauer     |         |         |        |        |          |         |        |        |          |         |        |        |            |         |        |        |         |         |        |        |         |         |        |        |         |         |        |        |
| Anmerkungen      |         |         |        |        |          |         |        |        |          |         |        |        |            |         |        |        |         |         |        |        |         |         |        |        |         |         |        |        |
| Linderung durch  |         |         |        |        |          |         |        |        |          |         |        |        |            |         |        |        |         |         |        |        |         |         |        |        |         |         |        |        |