PAIN TRACKING WORKSHEET

The Law Offices of
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ERISA | Health | Life | Disability | Insurance

When you file a disability claim, you need to be able to demonstrate the extent of your illness and how it impacts your ability to work. Keeping a daily pain worksheet is one of the ways to help prove your case.

Date	Start Time	End Time	Activity Effected	How was Activity Changed?	Went to Bed? Y or N	MEDS + helped - worse * no change	Cause of Pain?