



The Pain Triggers Tracker

What gets measured gets managed — especially with chronic pain.

✨ Understand what *worsens* your pain

🧩 Notice your patterns

📈 Reduce flare-ups over time

Why Tracking Helps



Predict flare-ups

Identify patterns before pain escalates



Feel more in control

Regain agency over your pain management



Adjust routines before it's too late

Make proactive changes to your daily activities



Communicate better with doctors & loved ones

Share concrete data instead of vague descriptions

Pain can feel random.

But often, there's a pattern hiding in plain sight.

It's not about perfection. It's about *awareness*.

💬 **Ask your *Navigate Chronic Pain Support Companion*:** "Help me log today's triggers and symptoms."

What to Track Daily

Use this template once per day — or just when flares hit.

Keep it low-pressure. Just 1–2 mins is enough.

Date / Time

When the pain occurs or changes

Pain Level (0–10)

Rate your discomfort consistently

Weather / Temp / Barometric pressure

Environmental factors that may influence pain

Food & hydration

What you've eaten and drunk

Sleep quality

Hours + restfulness

Activities

Sitting, walking, lifting, etc.

Stress level (0–10)

Your emotional and mental state

Medications or supplements

What you've taken and when

Notes / Mood / Symptoms

Additional observations

What to Look For

After 3–5 entries, review your notes. Ask:



"What do my pain spikes have in common?"

Look for recurring elements when pain increases



"Do certain foods, sleep patterns, or weather changes correlate?"

Identify environmental and lifestyle triggers



"Am I overdoing it before flare-ups?"

Assess activity levels preceding pain



"Does emotional stress seem to raise my pain?"

Connect mental state to physical symptoms



"Is there something I *can* control or prepare for?"










Focus on actionable insights

Awareness = power.

You may not eliminate the pain, but you can reduce its control.

🗨 **Ask your Navigate Chronic Pain Support Companion:** "Talk me through how stress might be affecting my pain today."

Sample Entry

 Date	Tuesday 4/16
 Pain	6 → 8 by evening
 Weather	Overcast, damp
 Food	Skipped lunch, had wine last night
 Sleep	Slept 5 hrs — woke multiple times
 Activities	Long grocery trip + cleaned kitchen
 Stress	7/10
 Medications	Took meds as usual
 Notes	Mood: Frustrated. Body feels heavy and achy. Noticed flare started after walking on cold tile floor.
→ Pattern	Overexertion + poor sleep = spike. Cold also seems to affect joints.



How to Use This With Navigate

Use your tracker alongside **Navigate Chronic Pain** to get real-time guidance.

"Based on my pain today, what might have triggered it?"

Identify potential causes



"I need support. Today's entry feels discouraging."

Emotional guidance

"Help me plan tomorrow to avoid another flare."

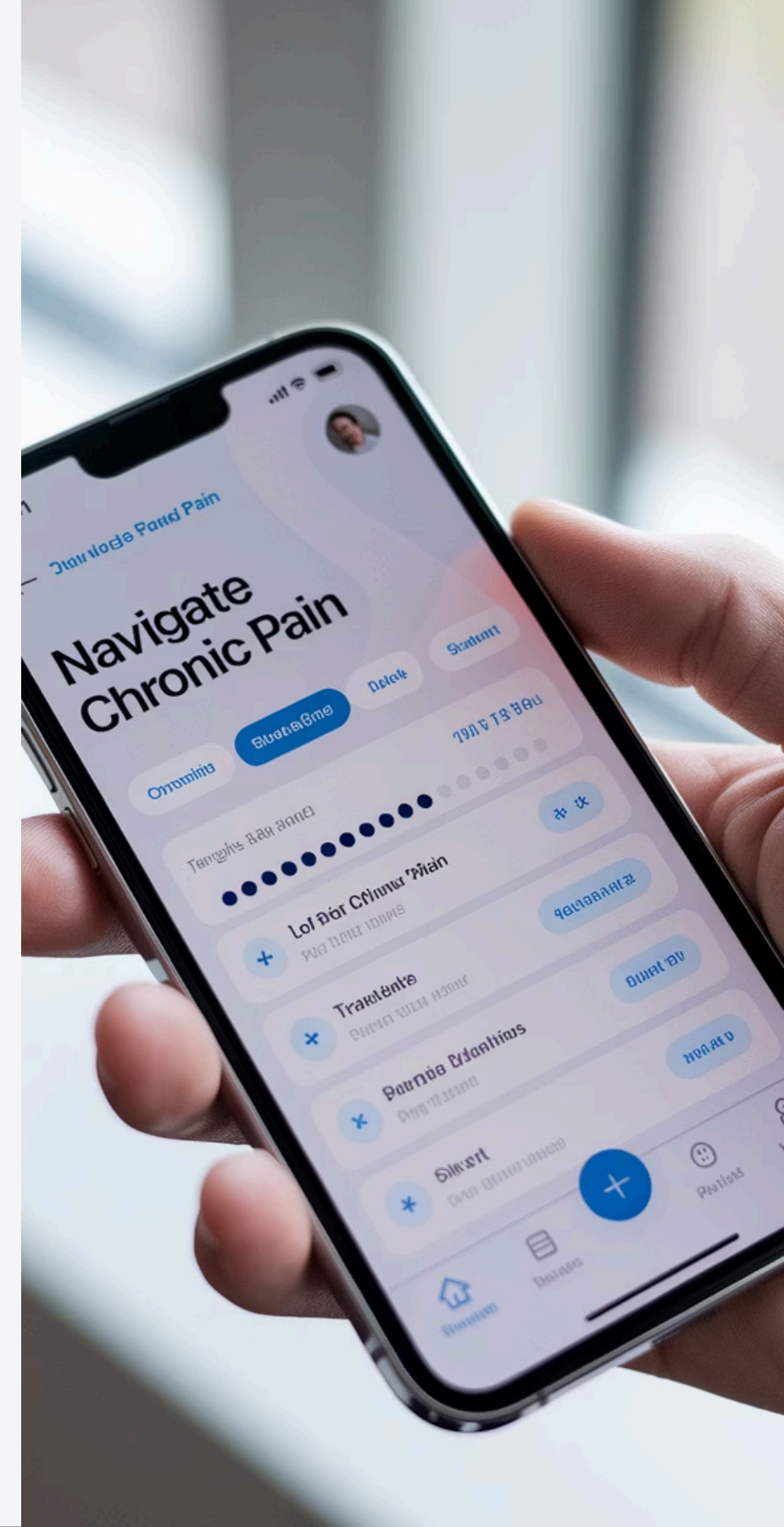
Proactive scheduling

"I'm noticing a weather pattern — how can I prepare?"

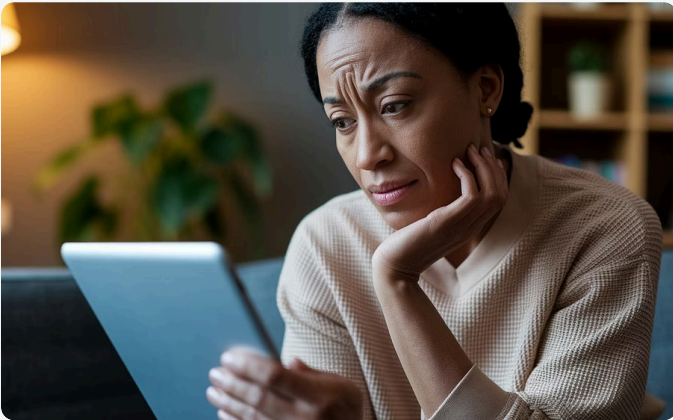
Environmental adaptations

📱 Navigate isn't just for journaling — it's for connecting the dots.

🌟 Start now at navigatechronicpain.org



Share This With Someone Who Needs More Clarity



Support Groups

Share with others who understand chronic pain challenges

✨ If someone you love says:

"I just can't figure out what causes my pain..."

Send this.

🔄 Share with support groups, friends, or caregivers.

📈 It's one of the most empowering tools you can use.

💬 Has it helped you? **Tag us at #navigatechronicpain**



Friends & Family

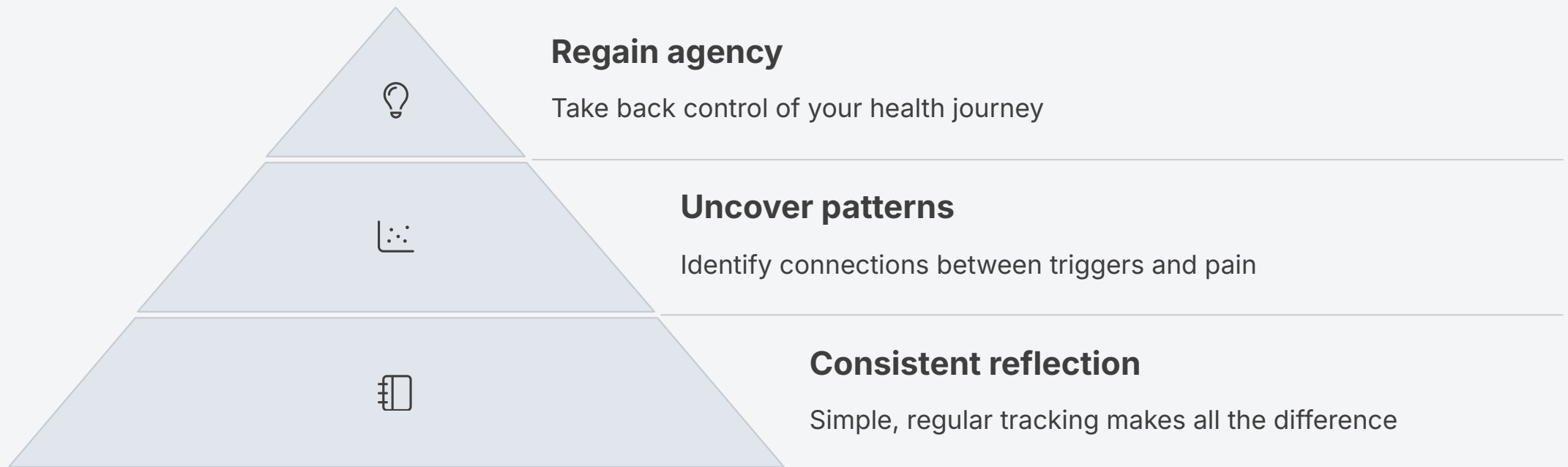
Help loved ones understand your experience



Caregivers

Provide valuable insights to those who help you

Small Data, Big Impact



You don't need a spreadsheet.

You don't need perfect notes.

You just need *consistent reflection*.

And with that?

You'll uncover patterns.

You'll regain agency.

And you'll feel less at the mercy of the unknown.

You've got this. Let Navigate Chronic Pain walk with you.