



Pain diary: Keeping a diary of your Endo symptoms can be extremely helpful for identifying patterns or triggers that may contribute to flare ups. For example, you may notice increased symptoms in the days after eating a certain food type, or particular activity. Pain diaries are also a source of information you can share with your GP during appointments to help them understand your experience. Be as descriptive as you like, and at the end of the week look for any patterns and make a note of them.

Date.	Pain score (1-10).	Pain type and area.	Are you bleeding/on your period.	Stress levels (1-10).	Quality of sleep the previous night.	Diet. (diary, meat, soya etc).	Activity level. (1-10).	Other. (painful bowel movements/sex/new medication, etc.

Notes/ Observations	
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