

Pain & Symptom Log

Daily entries beat memory. Bring this to your C&P; exam.

How to use this log

- Log entries daily — even on good days. Gaps look like inconsistency.
- Be specific: 1–10 pain scale, what you couldn't do, what made it worse.
- Bring 30+ days of entries to your C&P; exam. The examiner sees one moment; this shows the whole picture.
- On flare-up days, photograph any visible symptoms (swelling, rashes, scars).

Veteran name: _____ Last 4 SSN: _____
Branch / Era: _____ Claim #: _____

Daily Entries

| Date | Body part / condition | Pain (1–10) |
|--|-----------------------|-------------|
| What made it worse (triggers) | | |
| What you couldn't do (functional impact) | | |
| Medications taken / dose | | |
| Sleep quality, mood, other notes | | |

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