

Symptom Diary



Endometriosis (pronounced *en-do-mee-tree-oh-sis*) symptoms can overlap with other conditions and vary from person to person, so keeping a symptom diary can help track your symptoms over time and provide a clearer picture for your GP or healthcare professional.

How to use this diary

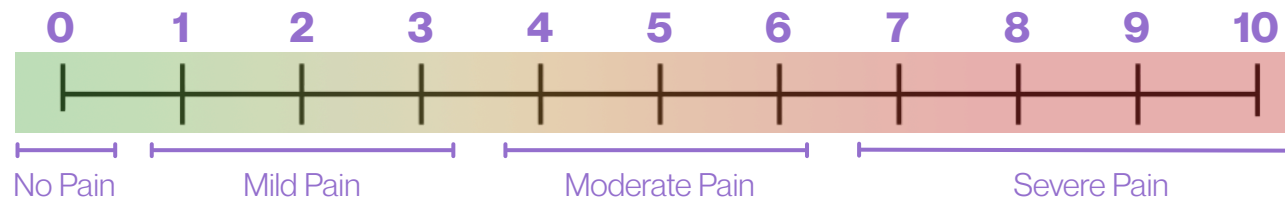
- This is a **printable resource** designed to support symptom and wellbeing tracking.
- Complete a new page each day, even on days when you feel well. Tracking good days can be just as helpful as tracking difficult ones.
- Fill in the date and cycle day at the top of each daily log. If you are on your period, use the checkboxes to describe your flow and whether you are experiencing any clots.
- For each symptom you experience, record as much detail as feels helpful using the keywords provided. You're welcome to add your own keywords as well.
- Complete the wellbeing section to record things like mood, stress, energy, sleep, and appetite.
- Bring the diary to appointments if you feel comfortable doing so, as it may help your GP or healthcare professional identify patterns over time.

Pain scales

Pain scales can be helpful for describing how intense pain feels at that moment.

Pain can be difficult to measure, and everyone experiences it differently. What feels like a 5 out of 10 to one person may feel very different for someone else. Numerical pain scales are not perfect, but they can provide a simple way to describe your pain and track changes over time. This scale asks you to rate your pain on a scale from 0 to 10.¹

There is no right or wrong score. Choose the number that best reflects your experience of pain at the time. If your pain changes throughout the day, you may wish to record the highest score you experienced or note how it changed in the "Additional Notes" section of the symptom diary.



It can be helpful to fill in the symptom diary as close to the time of symptoms as possible, as details are often easier to remember. If that isn't possible, jot down a few notes or keywords and add more detail later.

¹.Outcome Measures. British Pain Society, 2019.

Keywords

Using clear, specific words can help describe your symptoms and make it easier for your GP or healthcare professional to understand what you're experiencing.

When filling out the symptom diary, you can choose any keywords that feel relevant at the time, and you're welcome to add your own as well.

Type of pain

Cramping

Stabbing

Throbbing

Burning

Shooting

Pulling

Twisting

Pressure

Dull

Heavy

Squeezing

Tender

Sore

Sharp

Aching

Pain pattern

Constant

Comes and goes

Gets worse over time

Worse in waves

Sudden onset

Radiates/spreads to another area

Builds gradually

Triggers: What makes it worse?

Moving around

Sitting

Bowel movements

Walking

Standing

Urinating

Sex

Eating

Stress

Cold

Exercise

Relievers: What makes it better?

Heat pad

Rest

TENS machine

Pain medication

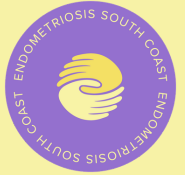
Gentle movement

Massage

Lying down

Warm bath

Nothing helps



Date: _____

Cycle day: _____

Are you on your period? Yes No

If yes, how would you describe your flow today? Spotting Light Medium Heavy Very heavy

Have you noticed any blood clots? None Small Medium Large Very large

How are you feeling today?

Wellbeing can change from day to day and may affect or be affected by your symptoms. Shade or tick the circles below to rate each area from 0 to 10.

Energy



Mood



Stress



Appetite



Sleep



Describe the symptom

Describe where the symptom was, what it felt like, and how it changed. Use the keywords on page 4-5 to help. If your symptom included pain, give it a pain score from 0-10

What time did it start?

Record the time you first noticed the symptom, even if it's only an estimate

Did anything make this symptom worse?

Make a note of anything that may have made the symptom worse

Did anything make this symptom better?

Make a note of anything that helped, including medication (if taken)

Did it stop you from doing anything?

Make a note of whether the symptom changed what you did or stopped you from doing something

Additional notes

Add any other details you think are important, such as anything unusual you noticed or if the symptom changed throughout the day



Endometriosis and daily life

Symptoms of endometriosis, such as pain and fatigue, can impact many areas of life, including school, work, relationships, and emotional wellbeing.

Seeking medical help, joining support groups, and talking openly about the condition can help manage these challenges.

Additional resources

- [Wellbeing of Women Period Symptom Checker](#)
- [NHS Endometriosis Information Page](#)
- [Endometriosis South Coast Resources](#)

We're here to support you



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[Facebook Support Group](#)



Help Us Keep Going

We're a volunteer-led organisation working to improve lives through education, advocacy, and community support.

If you'd like to support our work:

- Share this resource
- Donate or get involved
- Invite us to speak at your school, university, workplace, or event
- Follow us on social media

Every small action helps create a big change.

Legal & Accessibility Notes

This resource is for educational purposes and should not replace medical advice. If you're concerned about symptoms, please consult a healthcare professional.

Large print and accessible formats are available upon request — just [get in touch](#).

Endometriosis South Coast is a registered charity in England and Wales (1186203). Registered office: The Hive Hub, 22 Edinburgh Road, Portsmouth, PO1 1DH