Pain & Flare-Up Log

Use one row for each pain episode or flare-up. Record it as soon as you can. Be specific about what happened and what you could not do - for example: lift groceries, drive, stand through a shift, sleep, or climb stairs.

Name: _____ Date range: _____

Date	Body area	Pain level (1-10)	Type of pain	Duration	What triggered it	What it stopped you from doing	Meds / treatment Helped? (Y/N)	Missed work? (Y/N)

Pain scale: 1 = barely noticeable 5 = interrupts some activities 10 = worst pain you can imagine **Tip:** Use the same scale each time.

Education only. This log is a personal tracking aid and is not medical advice, diagnosis, or treatment. Seek medical care for urgent or worsening symptoms.

Pain & Flare-Up Log - continued

Keep the details concrete. Note how long the episode lasted, what may have triggered it, the activity it limited, and whether medication or treatment helped. Bring the completed log to your appointment.

Name: _____ Date range: _____

Date	Body area	Pain level (1-10)	Type of pain	Duration	What triggered it	What it stopped you from doing	Meds / treatment Helped? (Y/N)	Missed work? (Y/N)

Pain scale: 1 = barely noticeable 5 = interrupts some activities 10 = worst pain you can imagine **Print tip:** Reprint this page whenever you need more rows.

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This checklist is page one.

The full kit keeps the whole claim organized — in one binder.

The free checklist shows you WHAT money moves to check. The VA Disability Claim Organizer Kit gives you the pages to actually track them — built for your VSO appointment and your own records:

- Claim tracker — every condition, date filed, and status
- C&P exam prep sheets — walk in knowing what they'll ask
- Ratings log + combined-ratings worksheet
- Appeals timeline — deadlines you can't afford to miss
- Evidence & documents checklist — nothing falls through

23 printable pages · $9.99 · print as many copies as you need

Get the kit on Etsy:

etsy.com/shop/Vetmoneyhq

Search "Vetmoneyhq" on Etsy — look for the VA Disability Claim Organizer Kit.

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