



Breast pain calendar

Fill out this breast pain calendar to record the days you feel breast pain, and how bad the pain is on each day. This is a useful way to see any patterns, to see if treatment is working, and to find out if your breast pain is related to your period. Take the completed calendar to your doctor's appointments.

Mark every box with the appropriate symbol:

- \bullet 0 = No pain
- + = Mild pain
- ++ = Moderate to severe pain

Put a bracket () around the first and last day of your period each month.

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Written by HealthInfo clinical advisers. Last reviewed May 2022.







