Endii

FREE PRINTABLE

Your endometriosis symptom diary.

Two weeks of your symptoms on paper, and one page to take to your next appointment. Because "it hurts a lot, sometimes" is hard to explain, and a written record is not.

01 What to write down each day

02 Your two-week diary

03 Your appointment page

01 · HOW TO USE IT

What to write down each day.

Fill in one row a day, even on good days. It takes a minute. After two weeks you have something a doctor can read in thirty seconds.

Period
Tick it on bleeding days, spotting included.

Worst pain today
Circle 0 to 10 for the worst moment of the day.

Where
Lower belly, one side, back, legs, bowel, bladder, chest or shoulder. Wherever it is.

Bowel and bladder
Tick if going to the toilet hurt, or something changed.

Sleep
A few words: slept fine, woke with pain, barely slept.

What helped
Heat, rest, a walk, a medicine your doctor gave you. Whatever you tried.

What I missed or changed
Work, plans, exercise, sex. How it affected your day is part of the picture.

Anything else
Bloating, tiredness, mood, food. Write it in the margin.

Keep the good days in. The difference between your good days and your bad days is often the most useful thing on the page.

THE DIARY · DAYS 1 TO 7

Day	Period	Worst pain today (0 to 10)	Where	Bowel · Bladder	Sleep	What helped	What I missed or changed
1	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
2	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
3	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
4	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
5	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
6	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
7	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			

Date of day 1: _____ Tip: rate the worst moment, not the average. Note even the days that felt fine.

THE DIARY · DAYS 8 TO 14

Day	Period	Worst pain today (0 to 10)	Where	Bowel · Bladder	Sleep	What helped	What I missed or changed
8	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
9	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
10	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
11	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
12	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
13	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			
14	☐	0 1 2 3 4 5 6 7 8 9 10		☐ ☐			

Date of day 8: _____ Tip: rate the worst moment, not the average. Note even the days that felt fine.

03 · YOUR APPOINTMENT

Take this page with you.

Fill it in the night before, from your diary. Hand it over or read from it.

My three main symptoms

1.

2.

3.

How long I've had them

From my diary: worst pain, how many bad days in two weeks, days I missed

What I've already tried, and what happened

Questions I want to ask

Some people ask: What could be causing this? What are my options? Do I need any tests? Should I see a specialist? What should I do if it gets worse?

1.

2.

3.

Endii keeps this diary for you.

Log a flare in seconds, see your patterns across your cycle, and export a doctor report before your appointment.

Get Endii on the App Store

Free for 14 days, then a subscription.

Endii is a tracking journal. It does not diagnose and is not medical advice. If you have sudden severe pain, heavy bleeding with dizziness, or a high temperature, get medical help straight away.