

Daily Pain Diary

Use this diary to record and describe a person's pain and what you did to treat it.

Use this scale to record how severe or bad the pain is: On a scale of 0 to 10, with 0 being No Pain and 10 being the Worst Pain you ever had. What is your pain score?

No Pain 0 1 2 3 4 5 6 7 8 9 10 Worst Pain Ever

Date And Time	Pain Score	Where is the pain?	When did it start?	What makes it Better?	What makes it Worse?	Pain score 1 hour after treatment

Take this with you during the person's next visit to their doctor.