

LARGE PRINT



Pain Log

What hurts, how much, and what helps

Pain scale • body map • my details • daily log • monthly tracker

Type in it on screen, or print as many copies as you like

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Rating and Describing Pain

THE 0 TO 10 PAIN SCALE • WORDS THAT HELP YOUR DOCTOR



Pick the number that matches your pain right now.

0 means no pain. 10 means the worst pain you can imagine.



No pain

Worst pain you can imagine

WORDS TO DESCRIBE IT

Sharp	Dull	Aching	Throbbing
Burning	Shooting	Stabbing	Gnawing
Tingling	Cramping	Steady	Comes and goes

EACH TIME, NOTE

- Where it hurts, and how long it lasts
- What makes it better, and what makes it worse
- Anything you could not do because of the pain
- The name, dose and time of any pain medicine
- Your pain number again 1 to 2 hours after the medicine or other relief

Call 911 right away for:

- Chest pain or pressure, or pain spreading to the arm, back, neck or jaw
- Sudden numbness or weakness, confusion, or trouble speaking
- A sudden, severe headache
- A fall where you cannot get up, or cannot move or put weight on a limb

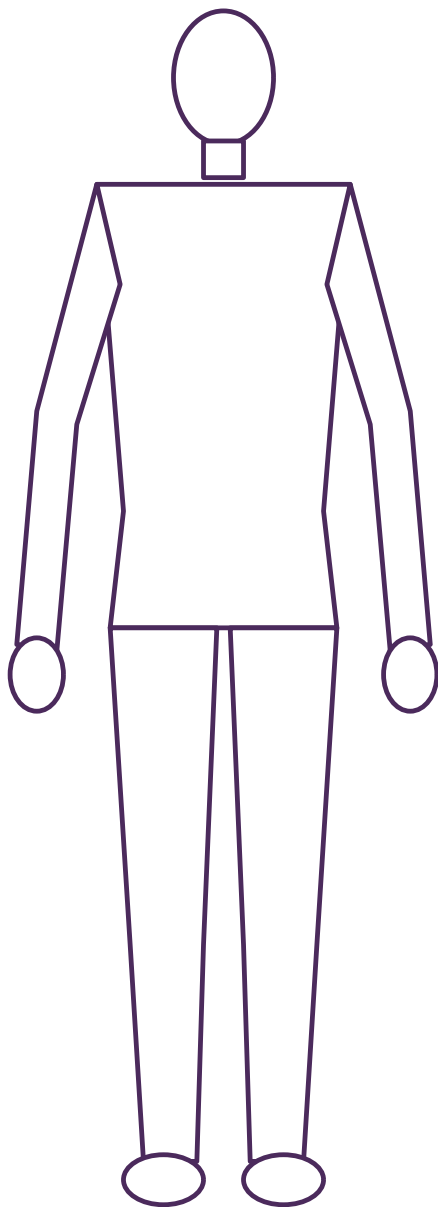
For new pain, or pain that is getting worse, call your doctor.

Where Does It Hurt?



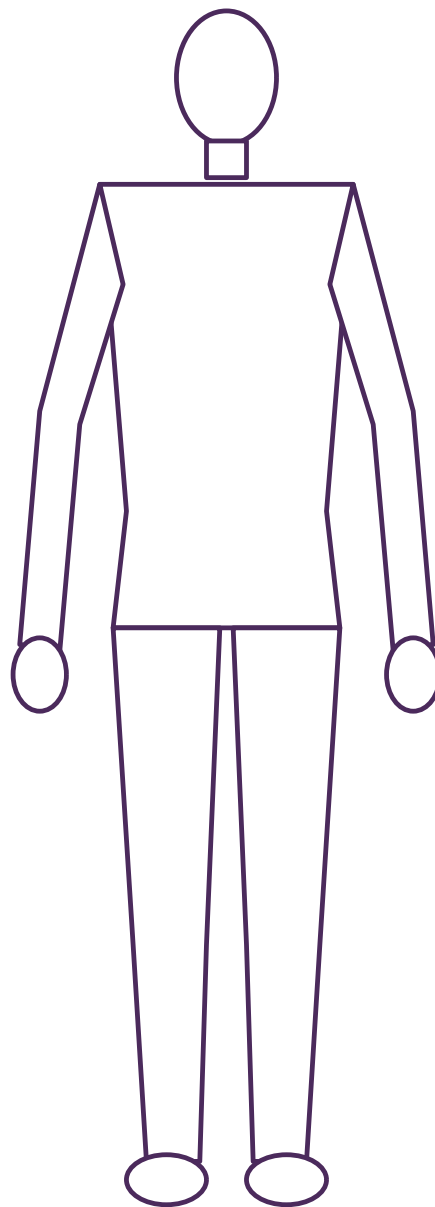
SHADE OR CIRCLE EVERY PLACE THAT HURTS • ADD THE NUMBER 0 TO 10 NEXT TO IT

DATE _____



FRONT

as if facing you



BACK

as if seen from behind

NOTES ABOUT WHERE IT HURTS

My Details



KEEP THIS PAGE WITH YOUR LOG • TAKE IT TO EVERY APPOINTMENT

NAME _____

DOCTOR & PHONE _____

PHARMACY & PHONE _____

WHAT CAUSES MY PAIN (IF KNOWN) _____

WHAT USUALLY HELPS _____

WHAT MAKES IT WORSE _____

MY PAIN MEDICINES

MEDICINE	DOSE	WHEN I TAKE IT	MOST PER DAY (LABEL)

QUESTIONS FOR MY NEXT APPOINTMENT

[illegible]

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[illegible]

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Monthly Pain Tracker

ONE ROW PER DAY • SHOWS YOUR DOCTOR THE PATTERN AT A GLANCE



MONTH & YEAR _____

DAY	WORST PAIN 0-10	USUAL PAIN 0-10	SLEEP: GOOD / FAIR / POOR	PAIN MEDICINE TAKEN	WHAT I COULD NOT DO / NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
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