Daily Pain Score

What is the level of your discomfort today?

KEY:

NONE	MILD	MEDIUM	SEVERE
0	1 2	3	4 5

Please fill in your score with the corresponding day of the month.

Pain Score

5																														
4																														
3																														
2																														
1																														
0																														
	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

How to score pain.

MILD PAIN: Pain that occurs occasionally and does not limit your mobility or the way you do things. Pain that can be relieved by drugs like panadol.

MEDIUM PAIN: Pain that occurs on a daily basis. May include joint stiffness and soreness after getting out of bed in the morning, persistent pain throughout the day, and pain that increases with physical activity. A drug that helps this patient is an anti-inflammatory.

SEVERE PAIN: Chronic, constant pain that can be debilitating over time. Severe pain negatively impacts a person's quality of life, activity tends to increase the intensity of the pain.