Pain MANAGEMENT RATING Scale and tracking Calendar

**Patient**: **Date**:



**Tips**:

* Choose the face that best depicts the pain you are experiencing (see Wong-Baker FACES Pain Rating Scale to the right).
* Make notes about your pain levels and on the pain intervention taken (what you did or what medication you took) and its effectiveness.
* Take time to notice daily and weekly improvements (even small ones), they add up.

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| **DATE** | **TIME** | **PAIN RATING** | **Pain Intervention Taken** (Medication or supplement and dosage  and/or other technique such as meditation or exercise.) | **Side Effect(s)** | **Effectiveness** |
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