PAIN MANAGEMENT RATING SCALE AND TRACKING CALENDAR

Date:

Patient:

| | | | | Wong-Baker FACES® Pain Rating Scale | | | | | |
|--|---------------------|--------------------|---|-------------------------------------|---------------------|---|--------------------|---|----------------|
| 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. | | | 0 | 2 4 | | 6 | 8 | 10 | |
| Take time to not | ice daily and weekl | y improvements (ev | en small ones), they add up. | No Hurt | Hurts Little Bit | Hurts Little More | Hurts Even More | Hurts Whole Lot | Hurts Worst |
| | | | | Used w | | -Baker FACES® Foundatior y published in Whaley & W | | oakerFACES.org. fants and Children. ©Elsev | vier Inc. |
| DATE | TIME | PAIN RATING | PAIN INTERVENTION TAKEN (Medication and/or other technique such as me | | _ | SIDE EFFI | ECT(S) | EFFECTIVE | ENESS |

| DATE | 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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Wong-Baker FACES® Pain Rating Scale













No Hurt

Hurts Little Bit Hurts Little More Hurts Even More

Hurts Whole Lot Hurts Worst

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| DATE | 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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