

# 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.

### Wong-Baker FACES® Pain Rating Scale



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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

