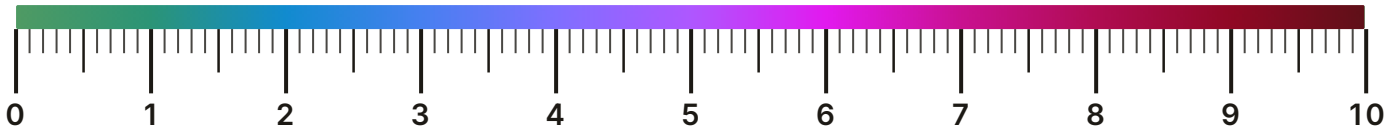
Pain scale

0 to 10, to two decimal places



0 No pain **10** Worst pain imaginable

Mark the line where your pain is. Each small tick is a tenth: a mark halfway between 6.7 and 6.8 reads 6.75.

Your reference words

Only the two ends have fixed words. Write two to four of your own, each at the number you choose.

At _____ _____

At _____ _____

At _____ _____

At _____ _____

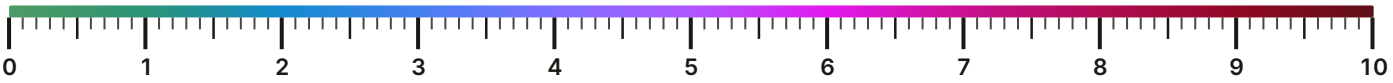
Where it usually sits

From _____ to _____

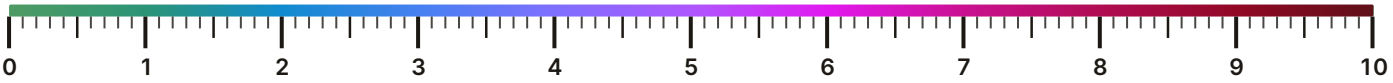
A rating can then be read against it: below your usual, within it, or above it.

Mark it here

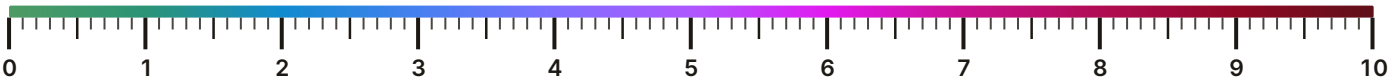
Date and time _____ Pain _____



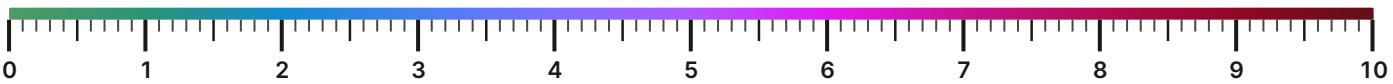
Date and time _____ Pain _____



Date and time _____ Pain _____



Date and time _____ Pain _____



Free to print and copy, from nociflux.com/tools/pain-scale

It gives no diagnosis, cause or advice.