Pain Level Chart

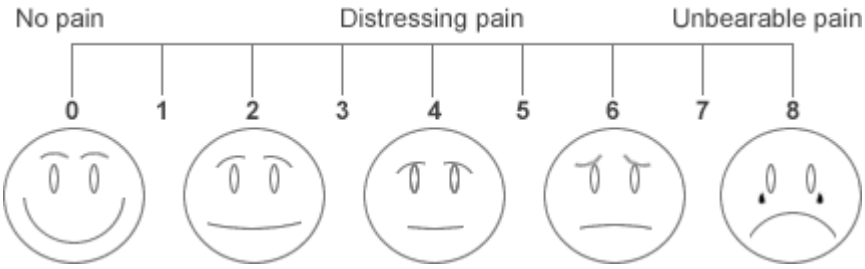
You can describe your pain to the healthcare provider using any of the choices given below:

Type of pain (Tick as applicable)

☐ Throbbing
☐ Stabbing
☐ Dull
☐ Aching
☐ Pinching
☐ Steady
☐ Localized
☐ Pervasive
☐ Chronic (persistent)
☐ Acute (in the moment)

Other comments / Notes: _____

Use the chart below to estimate your pain level.



Other comments / Notes:
(Include details on time when you felt the pain as well as activities that triggered the pain.)