

# My diary of pain and pain medication

**Only you can measure how strong your pain is.** Words like 'strong' and 'severe' mean different things to different people. A diary and measuring tool such as this, along with a [pain chart](#), might help to:

- explain what your pain is like for you;
- help to keep track of how effective your medication is, and of any changes in your pain; and
- help you explain to your doctor or nurse what your pain is like so that they can help you relieve and manage your pain.

There are other ways to measure pain; your nurse or doctor can help to find a way that suits you.

## KEY TO PAIN INTENSITY

**0      1      2      3      4      5      6      7      8      9      10**

No Pain

Moderate Pain

Worst Pain Imaginable

Write on the chart below the number that best describes how strong your pain is, for each pain site you have.

Date	Time	Pain Site/location			Pain Medication Name, & Dose	Comments
		A	B	C		

