## **Body Pain Chart**

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Patient's name:	Date:
Date of pain onset:	
Frequency and duration of pain:	
Instruction: Mark areas of pain on the chart, simply place a checkmark in each location where there's discomfort. You can also write them down below.	
Rt = Right Lt = Left  Rt chest/breast	rm  Lt hip
Tuni locations.	

Pain descriptions:	
☐ Ache	☐ Stabbing
Burning	☐ Throbbing
Numbness	Other:
☐ Pins and needles	
Pain intensity:	
☐ 0: No pain ☐ 1-3: Mild ☐ 4-6: Moderate	☐ 7-9: Severe ☐ 10: Worst possible pain
Other symptoms (if any):	
Notes:	