



# PAIN TRACKER

Date/Time	Pain Level	Emotional Response Level	Description of Pain	Pain Management Treatment Approach Used	Pain Level After Treatment	Emotional Response Level After Treatment	Possible Triggers/Observations

## PHYSICAL PAIN

- 0 No pain
- 1-4 Low-intensity pain
- 5-6 Medium-intensity pain
- 7-8 Significant pain, difficulty moving
- 9-10 Severe pain, inability to move, minimal activity

## EMOTIONAL RESPONSE

- 0 No negative emotion
- 1-4 Minimal negative emotion
- 5-6 Moderate negative emotion
- 7-8 Significant negative emotion
- 9-10 Severe depression, anxiety, difficulty in thinking

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