

Use this chart to manage your pain level. You can print it from:

chumontreal.qc.ca/fiches-sante/pain-level

Use this chart to:

- keep track of your pain level (from 0 to 10)
- keep track of what's done to relieve your pain
- note the effects on your pain



Pain management

Date / Time	Pain (level)	Activity, medication, etc	Pain after you trying to relieve it
5-12-2025, 9 p.m.	7	2 Tylenols	Feeling better. Pain = 5
5-12-2025, 9:30 p.m.	5	Relaxation - reading	A bit better. Pain = 4

Pain level







10 worst pain 8 no pain I you can imagine

> You want to keep your pain level at 4 or lower. Unrelieved pain will be harder to control.