Instructions:
Mark these drawings according to where you hurt (i.e., if the right side of your neck hurts, mark the drawing on the right side of the neck, etc.). Please indicate which sensation you feel by referring to the key below.

Pain Level:
0  1  2  3  4  5  6  7  8  9  10
Check the worst and best it’s been and circle your current pain level

Key:
0  No pain
1  Mild pain; you are aware of it, but it doesn’t bother you
2  Moderate pain that you can tolerate without medication
3  Moderate pain that requires medication to tolerate
4-5 More severe pain; you begin to feel antisocial
6  Severe Pain
7-9 Intensely severe pain
10 Most severe pain