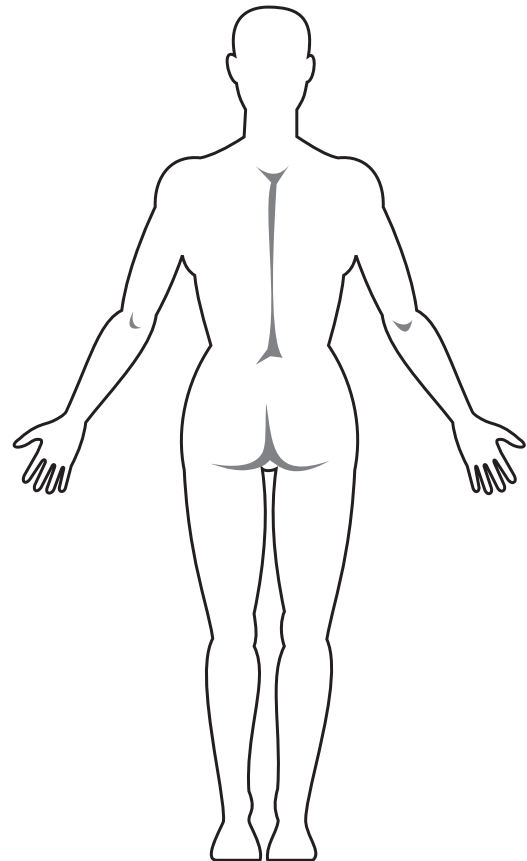
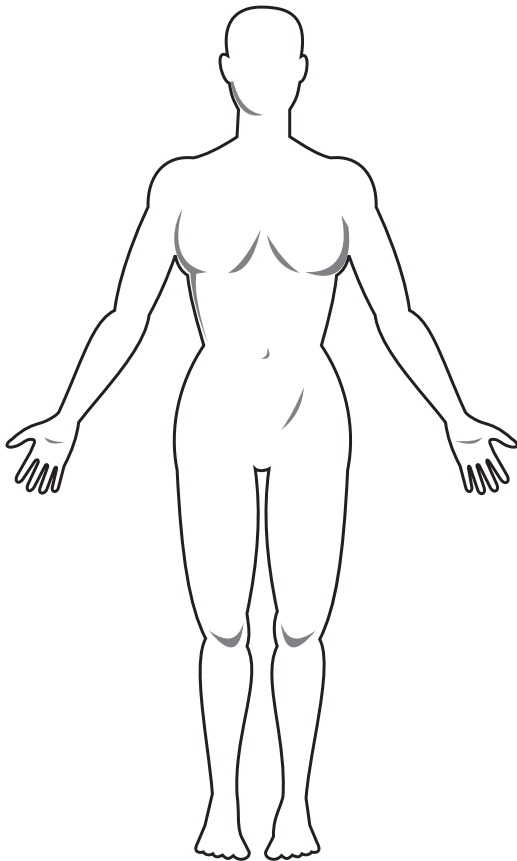


PLEASE CREATE A CHART OF YOUR CURRENT SYMPTOMS

INSTRUCTIONS: (SEE EXAMPLE, BELOW RIGHT)

- 1) On the chart, circle each area of your pain or other symptoms.
- 2) Label each circle with corresponding numbers and letters from the **Pain Description Key** below, or use your own words.
- 3) For each circle, write the date the symptoms started for this episode, to the best of your memory.



PAIN DESCRIPTION KEY:

This list provides some words that may help describe your **pain**. *USE ALL THAT APPLY.*

- | | | |
|--------------|---------------|---------------|
| 1 – Sharp | 5 – Throbbing | 9 – Heavy |
| 2 – Shooting | 6 – Ache | 10 – Tight |
| 3 – Burning | 7 – Tingling | 11 – Pulling |
| 4 – Dull | 8 – Numb | 12 – Stabbing |

This list provides some words that may help describe the **behavior of your symptoms**. *USE ALL THAT APPLY.*

- A – Constant (*never goes away*)
- B – Intermittent (*relieved with some positions or rest*)
- C – Occasionally (*daily or less frequent*)
- D – Infrequently (*once a week or month*)
- E – Previously (*no longer present*)
- F – Variable (*sometimes worse than other times*)

EXAMPLE

