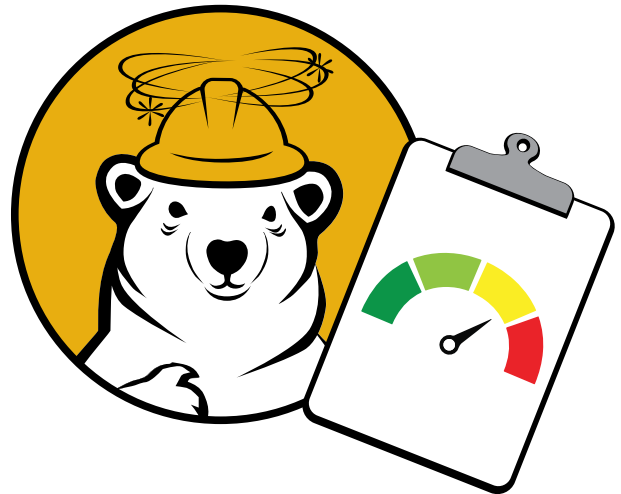




Daily Log for Pain's Impact of Quality of Life*

Use this log to monitor fluctuations in pain and its impact on the quality of your life:



10. **EXCRUCIATING:** Debilitating and non-functioning. Stay in bed all day. Feel hopeless and helpless about life. This unimaginable level is so intense you may go unconscious.
9. **SEVERE:** Cannot bear the pain. You to stay in bed at least half the day. You have no contact with outside world.
8. **INTENSE:** You can't longer think clearly and feel you are not like yourself at all. Very hard to do anything.
7. **UNMANAGEABLE:** Pain is focus on attention, dominates your mind and outlook, and impacts your daily functions. Only able to do minimal activities at home. Contact with people in your support system only by phone or email.
6. **DISTRESSING:** Pain is hard to ignore and significantly impacts your ability to engage in normal activities. You struggle but are able to fulfill daily home responsibilities; however, outside activity is still not possible.
5. **DISTRACTING:** Pain is consistently noticeable and makes daily living challenging; however most tasks of daily life are possible.
4. **UNCOMFORTABLE:** Pain is on your mind, nevertheless you are able to engage in limited hours or exercise, work, and social activities.
3. **MODERATE:** You are uncomfortable but can tolerate the level of pain and are able to continue daily activities. Your quality of life is not impacted.
2. **MILD:** You are aware of pain but can put it out of your mind. You are active at least eight hours daily but some social activities may be limited.
1. **FAINT PAIN or NO PAIN:** Your quality of life is not impacted at all. Social activities, exercise and work are normal.

*Adapted from American Chronic Pain Association Quality of Life Scale and Boston Scientific's Pain Scale



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