



### Pain Tracker Log

Day	Time	Scale (0-10)	Type of pain	Symptoms	Medications	Activities	Notes
1							
2							
3							
4							
5							
6							
7							
8							
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10							
11							
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26							
27							
28							
29							
30							
31							

#### PAIN MEASUREMENT SCALE



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Get the app, scan the barcode below with your camera

