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Be Well

Pain Diagram

Name: _____ DOB: _____

I encourage you to get out some colored pencils and come up with your own legend!

Feel free to use an entirely different system, but to inspire that legend here are some examples of symbols:

XXXXX Sharp pain

//////// Achy pain

VVVVV Burning pain

Oooo Numbness

***** Tingling

Tightness

<<<<< Cramping

?????? What else are you feeling?

Legend: (complete this with your colored writing tools!)

