

PAIN INTENSITY REFERENCE

Severity	Level
Functional Description	
None	0
Pain free. No discomfort.	
Mild	1-3
Noticeable but easily ignored. Does not interfere with daily activities or sleep.	
Moderate	4-6
Interferes with tasks requiring concentration. Makes it difficult to ignore the sensation.	
Severe	7-9
Major interference with basic activities (dressing, walking). Unable to focus or sleep.	
Worst	10
Unbearable. Bedridden. Unable to communicate or move due to intensity.	

Personal Reference Log Template â€¢ Maintain for medical consultation purposes only.