Health Complaints: Symptoms & Pain

It can be very helpful for you and your doctor to observe and write down health complaints.

This way, you can find out together what eases your health complaints or where you can get more help.

Pain scale* 1 2 3 4 5 6 7 8 9 10

No pain Strongest imaginable pain

| Date | What and where? | How strong?* | How often? For how long? | Other comments and observations |
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