



## Cannabis Medicine Tracking Log

\*USE THE CHART BELOW TO IDENTIFY YOUR PAIN LEVEL:

Pain Description (or Substitute Other Condition)	Scale #
<b><u>NO PAIN</u></b> - I have no Pain	<b>0</b>
<b><u>MINIMAL</u></b> - My pain is hardly noticeable	<b>1</b>
<b><u>MILD</u></b> - Low level of pain. I am aware of pain only when I pay attention to it	<b>2</b>
<b><u>UNCOMFORTABLE</u></b> - My pain bothers me but I ignore it most of the time	<b>3</b>
<b><u>MODERATE</u></b> - I am constantly aware of my pain but I can continue most activities	<b>4</b>
<b><u>DISTRACTING</u></b> - I think about my pain most of the time. I cannot do some of the activities that I need to each day	<b>5</b>
<b><u>DISTRESSING</u></b> - I think about my pain all the time. I give up many activities because of my pain	<b>6</b>
<b><u>UNMANAGEABLE</u></b> - I am in pain all of the time. It keeps me from doing most of my activities	<b>7</b>
<b><u>INTENSE</u></b> - My pain is so severe that it is hard to think of anything else. Talking and listening is difficult	<b>8</b>
<b><u>SEVERE</u></b> - My pain is all I can think about. I can barely talk or move because of my pain	<b>9</b>
<b><u>UNABLE TO MOVE</u></b> - I am in bed and cannot move because of my pain. I need someone to take me to the ER to get help for my pain	<b>10</b>

To track other conditions besides pain, refer to the following examples:

Anxiety (0 No Anxiety to 10 Worst Anxiety)

Mood (0 No Issues/Best Mood to 10 Lowest Mood)

Energy (0 No Issues/Most Energy to 10 Least Energy)

Sleep (0 No Issues/Best Sleep to 10 Worst Sleep)

Memory (0 No Issues/Best Memory to 10 Worst)

Blood Pressure (List Actual Reading instead of 0 to 10 scale)

Glucose (List Actual Reading instead of 0 to 10 scale)