



Body Pain Map for Women

Instructions: Mark this figure as completely and accurately as you can in the exact spot where you feel pain.

Use **XXX** for very intense pain,
for intermediate pain, and
******* for dull or aching pain.

Next to each area you have marked, write a letter **C** for Constant, **I** for Intermittent, or **S** for Seldom, depending upon how much of the time you experience the pain.

