

LIFESTYLE RATING SCALE

PAIN LEVEL

NO PAIN	AVERAGE			WORST
0.....	3.....	5.....	7.....	10

ENERGY LEVEL

BEST	AVERAGE			WORST
0.....	3.....	5.....	7.....	10

SLEEPING QUALITY

BEST	AVERAGE			WORST
0.....	3.....	5.....	7.....	10

BOWEL QUALITY

BEST	AVERAGE			WORST
0.....	3.....	5.....	7.....	10

MENTAL QUALITY

BEST	AVERAGE			WORST
0.....	3.....	5.....	7.....	10

HAPPINESS

BEST	AVERAGE			WORST
0.....	3.....	5.....	7.....	10

NAME: _____ DATE: _____ SCORE: _____