

Fibromyalgia Symptom Tracking Worksheet

Daily, in the evening, before retiring for bed, spend just a couple of minutes recording the symptoms that you experienced that day.

Make note of changes in those symptoms listed and the reasons that, you suspect, were connected with that change. For example, you might circle *wide spread pain* for every day of the week, but you notice that when the weather changed on Tuesday that the symptoms increased, or when you ate really healthy on Monday and Tuesday that the symptoms decreased on Wednesday. Make note of those observations in the appropriate column.

Over a period of time, after recording this kind of information, you may see patterns repeated. These patterns will begin to provide you with insight into the direction your treatment plan should take. It, also, can be very useful when talking with healthcare providers about the changes you are experiencing.

Print off several copies of these pages for your use.

Note: Do not look at this checklist and feel frustration. Instead, look to this checklist as a tool to help you begin to look at your condition in a different way. Fibromyalgia is a syndrome and that means that it is made up of a myriad of symptoms. Each symptom will change, increase or decrease, based on various factors. This tool will provide you with valuable information regarding those changes.

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Record for week beginning:

Symptoms	Circle day(s) of week when symptoms occur	Rate impact to your daily life 1 to 10 scale	Symptom decreases when...	Symptom increases when...
Widespread Pain	M T W Th F S S			
Localized Pain:	M T W Th F S S			
Hip	M T W Th F S S			
Neck and shoulders	M T W Th F S S			
Knees	M T W Th F S S			
Hands	M T W Th F S S			
Feet	M T W Th F S S			
Restless leg	M T W Th F S S			
Morning Stiffness	M T W Th F S S			

Nausea	M T W Th F S S			
Dizziness	M T W Th F S S			
Heartburn	M T W Th F S S			
Diarrhea	M T W Th F S S			
Constipation	M T W Th F S S			
Diarrhea/ Constipation Alternating	M T W Th F S S			
Rash	M T W Th F S S			
Extreme Sensitivity (skin)	M T W Th F S S			
Myofascial Pain	M T W Th F S S			
Insomnia	M T W Th F S S			
Interrupted Sleep	M T W Th F S S			
Headaches	M T W Th F S S			
Sensitivity to chemicals	M T W Th F S S			
Palpitations	M T W Th F S S			
Chest pain	M T W Th F S S			
Menstrual Changes:				
	M T W Th F S S			
Muscle twitches	M T W Th F S S			
Muscle weakness	M T W Th F S S			
Muscle cramping	M T W Th F S S			
Fatigue	M T W Th F S S			
Brain Fog Memory Problems	M T W Th F S S			
Anxiety	M T W Th F S S			
Fear	M T W Th F S S			
Worry	M T W Th F S S			
Depression	M T W Th F S S			
Difficulty swallowing	M T W Th F S S			
Panic attacks	M T W Th F S S			
Vision Problems	M T W Th F S S			
Weight Gain	M T W Th F S S			
Other:	M T W Th F S S			
	M T W Th F S S			