

Fibromyalgia symptom diary

Name _____

Week from _____ to _____

How to: one row per entry, filled in close to the time. Always use the same scale. Blank boxes are fine.
Severity: 0 no pain · 1–3 mild · 4–6 moderate · 7–9 severe · 10 worst pain imaginable

Day	Severity	Fatigue	Sleep	Stress	Activity and rest	What helped?	What went well?	Notes
	0–10	0–10	good, OK, poor	0–10	what, how long	heat, rest, movement ...	one good moment	mood, sleep, anything unusual
Mon — —								
Tue — —								
Wed — —								
Thu — —								
Fri — —								
Sat — —								
Sun — —								

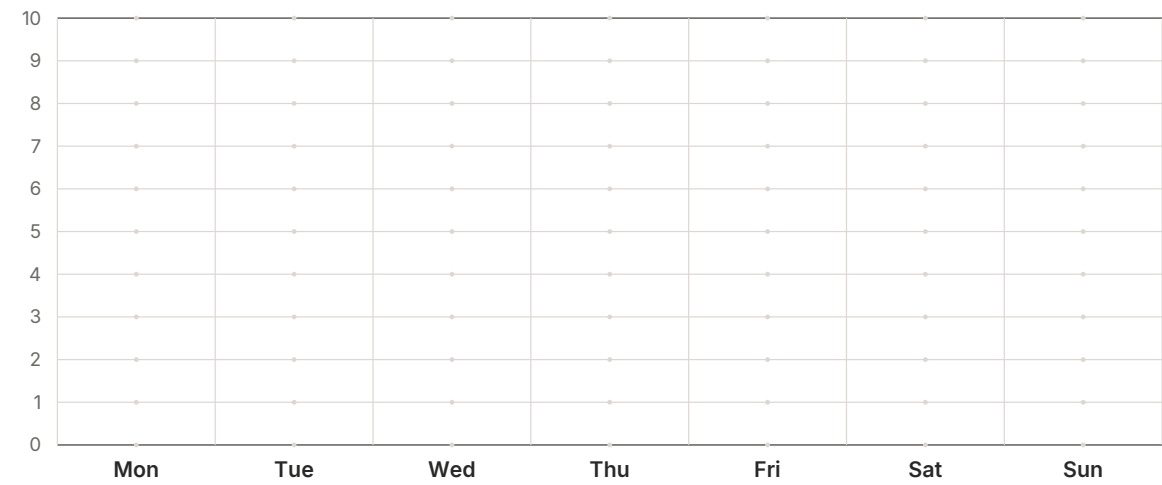
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Week from _____ to _____

Your week at a glance

Mark the worst score for each day and join the dots.



Weekly review

Days with pain (out of 7)

Worst score this week

Days I took painkillers

Days I had to cancel something

What helped?

What made it worse?

Questions for my next appointment