

Fibromyalgia Pain Diary

Track widespread pain, fatigue, cognitive issues, and flare patterns specific to fibromyalgia.

Name: _____

Date Range: _____

Pain Scale Reference (0–10 NRS)



Fibromyalgia Symptom Log

Track the key fibro symptoms daily. Rate each 0–10.

Pain Location Map

Mark affected areas: N=Neck, S=Shoulders, UB=Upper Back, LB=Lower Back, H=Hips, K=Knees, A=Arms, L=Legs

Flare Triggers

Notes & Observations