

# Fibromyalgia Pain Diary

Comprehensive 6-page fibromyalgia tracking template — pain, fatigue, brain fog, sleep, stiffness, flare triggers, medication response, and weekly summaries for rheumatology review.

Name: \_\_\_\_\_

Date Range: \_\_\_\_\_

## Pain Scale Reference (0–10 NRS)



## Core Fibromyalgia Symptom Log

Track the cardinal fibro symptoms daily. Rate each 0-10. These 7 symptoms are what rheumatologists evaluate for diagnosis and treatment response.

Date	Pain (0-10)	Fatigue (0-10)	Brain Fog (0-10)	Sleep Quality (1-5)	Stiffness (0-10)	Headache (0-10)	Mood (1-5)

## Pain Location Map

Rate pain 0-10 for each area. Widespread pain (4+ quadrants) is key to fibro diagnosis (ACR criteria).

Date	Neck /Jaw	Shoulders	Upper Back	Lower Back	Hips	Arms /Hands	Legs /Feet

## Fibromyalgia Flare Tracker

When pain exceeds your baseline by 2+ points, document the flare. Tracking onset, duration, and suspected triggers reveals your personal flare pattern.

Date	Flare Start	Peak Pain	Duration	Suspected Trigger	Treatment Used	Recovery Time

## Trigger Identification Matrix

Check triggers present each day. After 2+ weeks, compare trigger days vs. stable days to find your patterns.

Trigger	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Over-exertion / boom-bust							
Poor sleep (< 5 hrs)							
High stress / emotional							
Weather / barometric change							
Illness / infection							
Hormonal (cycle day: ____)							
Diet (item: _____)							
Temperature extreme							
_____							

## Fibro Fog — Cognitive Symptom Tracker

Cognitive dysfunction is a core fibro symptom. Track daily to show your doctor the pattern.

Date	Word Finding	Short-term Memory	Concentration (min before loss)	Confusion Episodes	Multi-tasking Ability	Overall Fog (0-10)

## Sleep Quality Tracker

Non-restorative sleep is central to fibromyalgia. Your doctor needs this data for medication decisions.

Date	Bedtime	Wake Time	Hours Slept	Times Woken	Refreshed? (1-5)	AM Stiffness (min)	Sleep Meds?

## Medication & Treatment Log

Fibromyalgia often requires multiple medication classes (pain modulators, sleep aids, SNRIs). Track each separately — dose timing and combinations matter.

Date	Medication / Treatment	Dose	Time Taken	Relief (0-10)	Duration of Relief	Side Effects

## Non-Medication Treatments

Track hydrotherapy, gentle yoga, CBT, graded exercise therapy, and pacing strategies. These are first-line fibro treatments per ACR guidelines.

Date	Treatment Type	Duration (min)	Pain Before (0-10)	Pain After (0-10)	Helpful? (Y/N)	Notes

## Treatment Effectiveness Summary

Rate each treatment weekly. Fibromyalgia responds slowly — track 4-8 weeks before judging effectiveness. Note energy and fog impact, not just pain.

Treatment	Week 1	Week 2	Week 3	Week 4	Continue? (Y/N)	Notes

## Functional Impact Assessment

Rate each activity: 0 = Unable, 5 = Significant difficulty, 10 = Full capacity. Track daily or on representative days.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Walking (blocks/minutes)							
Standing (minutes)							
Sitting tolerance							
Lifting (lbs)							
Housework tolerance							
Cognitive work (minutes)							
Exercise tolerance							
Social energy							
Driving							
Self-care (bathing, dressing)							

## Self-Care & Daily Living

Mark: Y = Independent ~ = Modified / used aids X = Unable H = Needed help from another person.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bathing (hot/cold tolerance)							
Dressing (buttons, zippers)							
Meal prep (standing tolerance)							
Light housework (pacing)							
Grocery shopping (walking + carrying)							
Driving (concentration + vibration)							
Sleep quality (1-5)							

### Flare Triggers, Energy Crashes & Pacing Strategies That Helped

## Weekly Summary — Fibromyalgia

Complete at end of each week. Bring to appointments. This page tells your doctor how the week went.

Week of: \_\_\_\_\_

Average Pain Level (0-10): \_\_\_\_\_

Worst Day (date + level): \_\_\_\_\_

Best Day (date + level): \_\_\_\_\_

Flare Days This Week: \_\_\_\_\_

Sleep Quality Average (1-5): \_\_\_\_\_

Flare count this week: \_\_\_\_\_

Average fatigue (0-10): \_\_\_\_\_

Average brain fog (0-10): \_\_\_\_\_

Morning stiffness avg (min): \_\_\_\_\_

## Pattern Observations

Flare triggers identified: \_\_\_\_\_

Best time of day for activity: \_\_\_\_\_

Activities that caused post-exertional flares: \_\_\_\_\_

Sleep interventions tried + result: \_\_\_\_\_

## Questions for Next Appointment

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Patterns in Fatigue, Fog & Pain Cycles

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_