

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.

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

Pain Location Map

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

Date	Neck	Shoulders	Upper Back	Lower Back	Hips	Arms	Legs

Flare Triggers

Date	Overexertion	Poor Sleep	Stress	Weather	Illness	Other

Notes & Observations