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DAILY FIBROMYALGIA SYMPTOM TRACKER

DATE: SEP 4, 2019

MORNING

NOON

NIGHT

MOOD:



MEMORY:



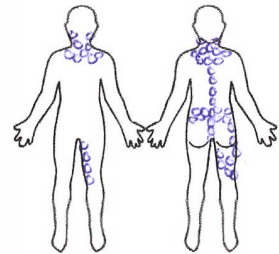
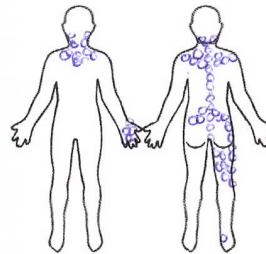
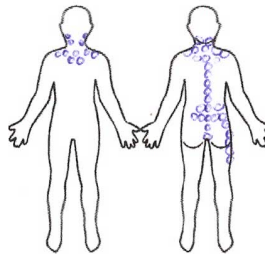
PAIN LEVEL: 1-10

2

6

8

PAIN LOCATION:



OTHER ISSUES:

STIFFNESS
FATIGUE

STIFFNESS
PINS, NEEDLES +
NUMBNESS IN @ FINGERS

STIFFNESS
UPSET STOMACH
HEARTBURN/ACID REFLUX

MEDICATIONS:

TRAMADOL 50MG
SPIRONOLACTONE 25MG
OMEPRAZOLE 20 MG

FLEXERIL 5mg
GABAPENTIN 300mg

ALTERNATIVE
TREATMENTS:

MAGNESIUM TOPICAL SPRAY
ACETYL L-CARNITINE 500mg
CBD OIL
YOGA STRETCHES

ACETYL L-CARNITINE 500mg
ALPHA LIPIC ACID 600mg
YOGA STRETCHES

MELATONIN BI-LAYER 10mg
MAGNESIUM TOPICAL SPRAY
CBD OIL

FOOD & DRINK:

GREEN TEA
OATMEAL

SPINACH SALAD W/ EGG
+ CHICKEN AND ITALIAN DRESSING
TOMATOES + MILK

SIRLOIN STEAK, SWEET
POTATO, STRAWBERRIES,
MILK + ICE CREAM

WEATHER:

59 °

70 °

75 °

SLEEP: 6 HRS

EXERCISE: 10 MIN

WATER: 64 OZ

FOR MORE HELPFUL RESOURCES, VISIT:
see fibro.com