



# DAILY FIBROMYALGIA SYMPTOM TRACKER

DATE: \_\_\_\_\_

MORNING

NOON

NIGHT

MOOD:



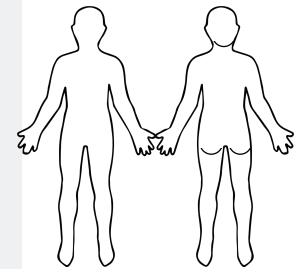
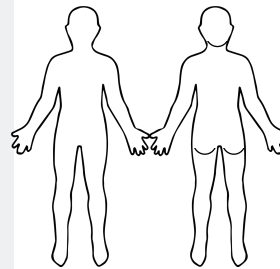
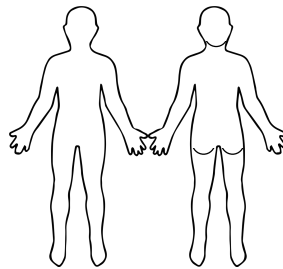
MEMORY:



PAIN LEVEL: 1-10



PAIN LOCATION:



OTHER ISSUES:

MEDICATIONS:

ALTERNATIVE TREATMENTS:

FOOD & DRINK:

WEATHER:



SLEEP: \_\_\_\_\_ HRS

EXERCISE: \_\_\_\_\_ MIN

WATER: \_\_\_\_\_ OZ

FOR MORE HELPFUL RESOURCES, VISIT:  
[see fibro.com](http://see fibro.com)