Fibromyalgia Log Book

This resource is for sufferers of Fibromyalgia to use to track the frequency and intensity of their symptoms as well as seeing how things are impacting their condition.

Note down on a day to day basis the intensity and the site of the pain you are experiencing. In the notes section write anything that may have impacted you from the day before E.g treatment, diet changes, stressful situations (Physically, emotionally), exercise. In the other symptoms please write anything else you are experiencing, E.g digestive changes, headaches, brain fog.

Date	Pain Level /10	Other symptoms	Notes