

Major Fibromyalgia Symptoms Monthly Journal

Mild (1-3) Moderate (4-6) Severe (7-10)

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Pain																
Fatigue																
Brain fog																
Headache/ Migraine																
Depression																
Anxiety																
Insomnia																
Day	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Pain																
Fatigue																
Brain fog																
Headache/ migraine																
Depression																
Anxiety																
Insomnia																

New strategies, medications, supplements, tools implemented this month

Summary of this months symptoms

of Mild symptoms _____
 # of Moderate symptoms _____
 # of severe symptoms _____

Summary of last months symptoms

of Mild symptoms _____
 # of Moderate symptoms _____
 # of severe symptoms _____