



FIBROMYALGIA

Daily Wellness checklist

MORNING CHECK-IN

- ☐ GENTLE STRETCHING (5-10 MINUTES)
- ☐ HYDRATE (1 GLASS OF WATER BEFORE ANYTHING ELSE)
- ☐ CHECK PAIN AND ENERGY LEVELS
- ☐ TAKE MEDICATION/SUPPLEMENTS (STICK TO YOUR PRESCRIBED PLAN)
- ☐ PLAN YOUR ENERGY (WHAT 1-2 TASKS MUST BE DONE TODAY? AVOID OVERCOMMITTING)

MIDDAY MIND AND BODY BOOST

- ☐ BALANCED MEAL OR SNACK
- ☐ 5 MINUTE MOVEMENT OR BREATH BREAK
- ☐ CHECK POSTURE AND ERGONOMICS
- ☐ SELF-COMPASSION REMINDER (SAY SOMETHING KIND TO YOURSELF. TRY: "I'M DOING MY BEST TODAY.")

EVENING WIND-DOWN

- ☐ REFLECT: WHAT HELPED TODAY? WHAT FELT GOOD OR MANAGEABLE
- ☐ TAKE A WARM BATH OR HEAT PACK
- ☐ LOW-STIMULATION HOUR, NO SCREENS, NO STRESS- JUST CALM
- ☐ SLEEP PREP ROUTINE (TRY A CONSISTENT BEDTIME, CALMING TEA, WEIGHTED BLANKET.)

BONUS TIPS

- ☐ KEEP A SYMPTOM TRACKER (PAIN, FATIGUE, SLEEP, TRIGGERS)
- ☐ JOIN A SUPPORT COMMUNITY- YOU ARE NOT ALONE
- ☐ LEARN ABOUT PACING- BALANCE ACTIVITY WITH REST TO PREVENT FLARE-UPS

