

FIBROMYALGIA

Symptom Checklist

WIDESPREAD PAIN

CHECK THE AREA WHERE YOU FEEL PAIN THE MOST

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| ☐ NECK | ☐ HANDS |
| ☐ SHOULDERS | ☐ LEGS |
| ☐ UPPER BACK/LOWER BACK | ☐ FEET |
| ☐ HIPS | ☐ JAW (TMJ) |
| ☐ ARMS | ☐ CHEST OR RIBS |

FATIGUE & SLEEP ISSUES

COGNITIVE DIFFICULTIES

"FIBRO FOG"

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|--|--|
| ☐ EXTREME TIREDNESS | ☐ TROUBLE CONCENTRATING |
| ☐ NON-RESTORATIVE SLEEP | ☐ MEMORY LAPSES |
| ☐ TROUBLE FALLING OR STAYING ASLEEP | ☐ WORD-FINDING DIFFICULTIES |
| ☐ SLEEP APNEA OR RESTLESS LEGS | ☐ MENTAL FATIGUE |
| ☐ MORNING STIFFNESS | ☐ EASILY OVERWHELMED |

DIGESTIVE & GI ISSUES

SENSORY SENSITIVITIES

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| ☐ IBS (CONSTIPATION/DIARRHEA) | ☐ SENSITIVITY TO LIGHT, NOISE, OR SMELL |
| ☐ BLOATING/GAS | ☐ SKIN SENSITIVITY OR TINGLING |
| ☐ NAUSEA | ☐ TEMPERATURE SENSITIVITY (COLD/HEAT) |
| ☐ FOOD SENSITIVITIES | |

MOOD & EMOTIONAL HEALTH

OTHER COMMON SYMPTOMS

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|--|--|
| ☐ ANXIETY | ☐ HEADACHES OR MIGRAINES |
| ☐ DEPRESSION | ☐ DIZZINESS / LIGHTEADEDNESS |
| ☐ MOOD SWINGS | ☐ MENSTRUAL PAIN / CYCLE CHANGES |
| ☐ FEELING LOW OR HOPELESS | ☐ INCREASED SYMPTOMS DURING STRESS OR WEATHER CHANGES |