

# FIBROMYALGIA FLARE TRACKER

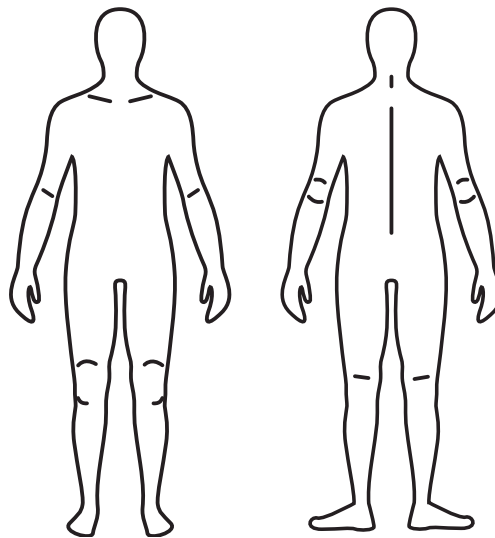
Keep a record of your symptoms and activities to help identify patterns and solutions. Use this to record relevant details and take it to your next doctor's appointment to help you better communicate with your provider.

FLARE ONSET DATE:

DURATION:

POSSIBLE CAUSE(S):

MARK ALL PAINFUL AREAS WITH AN X:



MOST PAINFUL AREA:

PAIN LEVEL:

no pain 1 2 3 4 5 6 7 8 9 10 worst possible pain

MOBILITY/  
FUNCTION LEVEL:

no limitations 1 2 3 4 5 6 7 8 9 10 worst limitations

WHAT ACTIVITIES ARE AFFECTED?:

FATIGUE LEVEL:

no limitations 1 2 3 4 5 6 7 8 9 10 worst limitations

**OTHER SYMPTOMS:**

**CHANGES SINCE YOUR LAST VISIT (CHECK ALL THAT APPLY):**

- Missed Medication     Medication Change     Change in Activities  
 Infection or Illness     Mental Health Change     Other/explain \_\_\_\_\_

**NUTRITION:**

very healthy	1	2	3	4	5	6	7	8	9	10	not healthy
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**EXERCISE ROUTINE:**

exercise most days	1	2	3	4	5	6	7	8	9	10	no exercise
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**SLEEP QUALITY:**

very restful	1	2	3	4	5	6	7	8	9	10	very poor
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**STRESS MANAGEMENT:**

no stress	1	2	3	4	5	6	7	8	9	10	high stress
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**LIST ANY ADDITIONAL QUESTIONS YOU MAY HAVE FOR YOUR DOCTOR:**

For more information, visit [arthritis.org/diseases/fibromyalgia](https://www.arthritis.org/diseases/fibromyalgia), and [find tips to manage flares](#).