

Fibromyalgia flare diary

One sheet per day, designed so a bad day still gets recorded: six numbers and a line of notes is a complete entry. Pain, fatigue and fog are rated separately because they do not move together, and which one is worst changes between flares.

Date

Hours slept

Weather change

yes or no

In a flare?

yes or no

RATE TODAY

CIRCLE ONE

Pain

worst level today

0 1 2 3 4 5 6 7 8 9 10

Fatigue

not sleepiness, the heaviness

0 1 2 3 4 5 6 7 8 9 10

Cognitive fog

words, focus, memory

0 1 2 3 4 5 6 7 8 9 10

Morning stiffness

how long it lasted

0 1 2 3 4 5 6 7 8 9 10

Sleep quality

0 worst, 10 best

0 1 2 3 4 5 6 7 8 9 10

Activity level

0 rested, 10 overdid it

0 1 2 3 4 5 6 7 8 9 10

Notes for today

What you did, what you cancelled, medication changes, anything unusual. One line is a complete entry on a bad day.

Record on the day, not at the end of the week.

Memory flattens a bad fortnight into one feeling, and the day-to-day shape is the part a rheumatologist can use.

velorahealth.io/blog/printable-fibromyalgia-flare-diary

Free to print and share. No sign-up.

Flare and trigger review

In a prospective study of 124 people with fibromyalgia, three quarters had at least one flare within six months and the mean flare lasted eleven weeks. Length is not the part you can change. Catching a flare early, and seeing what preceded it, is.

1. Mark the day a flare started, before you are sure it is one.
2. For the three days before it, write what the days contained: activity, stress, sleep, weather.
3. Check whether the same thing also appears before ordinary weeks. If it does, it is not your trigger.
4. Early signs usually arrive before pain: broken sleep, thicker fog, longer stiffness, more sensitivity to noise or light.
5. Give it months. Flares arrive a couple of times a year on average, so a fortnight cannot show a pattern.
6. Symptoms that do not fit your own pattern deserve a medical opinion rather than a diary entry.

DAY	WORST OF PAIN, FATIGUE OR FOG	WHAT THE DAY CONTAINED	EARLY WARNING SIGNS
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Flares this month: start date, end date, what came before

Bring this to your rheumatology appointment.

Frequency, length and what preceded each flare is the part a clinician can act on.

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Guides on fibromyalgia, free to read.