

# Fibromyalgia

Reconnecting to What Matters

If you think you may be suffering from fibromyalgia, complete this checklist and take it to your doctor. If you have been diagnosed with fibromyalgia, managing your condition is key to “Reconnecting You to What Matters.”

**1** What are your symptoms? Please circle the words that best describe what you are experiencing.

Widespread muscle pain

Fatigue

Sleep disturbances

Temperature sensitivity

Morning stiffness

Bladder dysfunction

Numbness/Tingling of extremities

Restless legs syndrome

Irritable bowel syndrome

Cognitive/Memory problems  
(e.g do you feel foggy?)

Chronic headaches

Depression and anxiety

Aggravation of symptoms in regards to the following: stress, anxiety, inactivity, changes in weather

Other (please specify)

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**2** Where do you feel pain? Please circle all locations on your body where you feel pain.

Right Side

Left Side

Upper Body

Lower Body

Other (specify)

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**3** How long have you felt this pain? Please circle the best option below.

Less than 3 months

More than 3 months

**4** Is your pain limiting your ability to perform the everyday things you would normally enjoy? Please circle the best option below.

Yes

No

Doctor's recommendations:

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*Selecting a response for any or all of the questions above does not necessarily mean that you have fibromyalgia. This is a diagnosis that can only be made by your physician.*

