

3 FOR 3



FIBROCENTER.COM

DOES YOUR FIBROMYALGIA IMPACT YOUR DAILY FUNCTIONING OR ABILITY TO DO EVERYDAY ACTIVITIES?

ACTIVITIES? _____

WHAT'S WRONG? _____

HOW SEVERE?



0

NO IMPACT



1

LOW



2



3



4



5

HIGH

WHAT HAS BEEN HELPFUL IN REDUCING OR IMPROVING YOUR FIBROMYALGIA SYMPTOMS?



EXERCISE/
MOVEMENT



NON-
PRESCRIPTION
MEDICATION



DIET



PHYSICAL
THERAPY



PRESCRIPTION
MEDICATION



PSYCHOLOGICAL
THERAPY/
COUNSELING



SUPPLEMENTS/
VITAMINS



OTHER: _____

CHECK ALL THAT APPLY

WHAT SYMPTOMS DID YOU EXPERIENCE IN THE LAST MONTH?



PAIN



FATIGUE



STIFFNESS



SLEEP
PROBLEMS



DEPRESSION



MEMORY
TROUBLE



TENDERNESS
TO TOUCH



ANXIETY



OTHER: _____

CHECK ALL THAT APPLY



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