

FIBROMYALGIA EASY GUIDE

Monitoring 3: Monitoring Tools

Fibromyalgia is a condition that is managed using both medical treatments and lifestyle changes.

See also:

- **Monitoring 1: Introduction**
- **Monitoring 2: What, when and how to monitor**

To assist people with the task of monitoring, there are a variety of worksheets, logs, and forms in different formats (graphical and text) and apps are increasingly available.

We have found that some people prefer pictures, others words and others numbers. It's important to find a way that suits you and doesn't add stress. Monitoring tools can be found at several websites, including:

http://www.cfidselfhelp.org/library/type/log_forms_worksheets

These are listed below:

Activity Log

A tool for tracking activities, and seeing connections between activities and symptoms.

All Logs, Forms & Worksheets

A pdf file containing all 10 of their logs, forms and worksheets.

Daily Schedule

A tool to plan routines for morning, afternoon, evening and bedtime.

Energy Envelope

A way to understand your limits in detail: physical, mental and social activity, sleep and rest, moods and stressors.

Envelope Log

A simple tool for seeing the relationship between your limits, your activity level and your symptoms.

Rating Scale

Understand the severity of your illness by rating yourself on this 100 point scale.

Relapse Worksheet

A way to reduce relapses by writing relapse triggers, warning signs, responses to warning signs and prevention strategies.

Special Event Worksheet

A tool to plan for non-routine events like vacations and holiday celebrations. Includes sections for before, during and after the event.

Symptom Log

A quick way to see which symptoms are important, daily changes in symptoms, overall symptom levels and interactions among symptoms.

Target Form

Used for setting short-term goals and charting progress.

Weekly Diary Log

Hourly activity log used to gather data for determining Energy Envelope. Sample log is available.

Weekly Diary Log Tally Sheet

Form for calculating Envelope using data collected with Weekly Diary Log. Sample form is available.

Weekly Schedule

A form for weekly planning.

Apps and Wearables

More and more Apps for Fibromyalgia are becoming available. Try an internet search for 'fibromyalgia apps' and choose one that suits you.

Key Points

- Monitoring and feedback is a skill and may take time and practice.
- Take your monitoring sheets to each care plan appointment.

Reference

Campbell, B. Managing Chronic Fatigue Syndrome and Fibromyalgia: A Seven – Part Plan, CSH Press, U.S.A, 2010