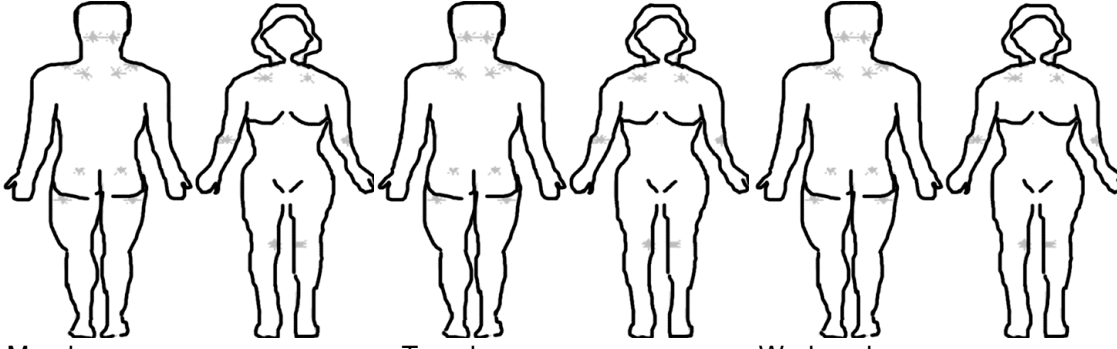


Weekly Chart for use with FM / MPS / CFIDS / MS

by Paula Payne www.tidalweb.com/fms

Date:

Make notes about daily activities on the back of this page.

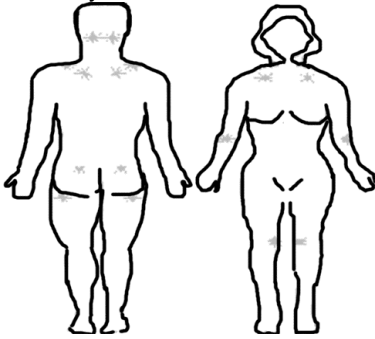


Monday

Tuesday

Wednesday

Mark all the places that hurt today.
 A= Aching
 B=Burning
 N= Numbness
 P= Pins & Needles
 X= Stabbing Pain
 S= Shooting Pain

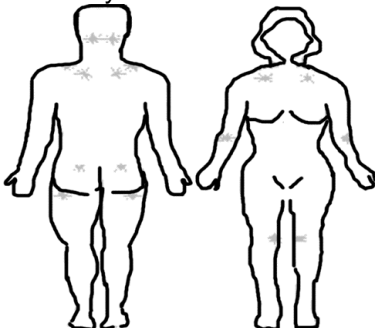


Thursday

Morning general pain level							
high	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
low							

Afternoon general pain level							
high	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
low							

Evening / Night general pain level							
high	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
low							

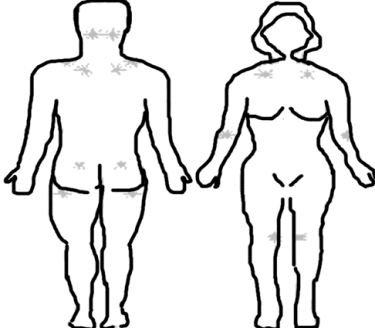


Friday

How did I sleep?							
	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
1=rested 10= exhausted							

How fatigued am I?							
high	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
low 1=rested 10= exhausted							

How is my memory / thinking?							
	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
1=fine 10=who am I?							

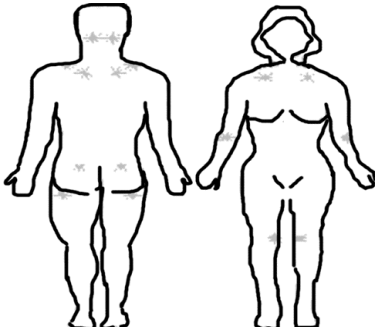


Saturday

Weakness / Muscle Spasms							
high	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
low							

How painful is walking / sitting?							
high	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
low							

	Mon	Tue	Wed	Thr	Fri	Sat	Sun
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							



Sunday