

Fibromyalgia Signs and Symptoms Checklist

- Pain (widespread and chronic)
- Sleep disturbances (non-refreshing, non-restorative, awaking frequently)
- Cognitive problems (impaired memory and concentration)
- Fatigue, characterized as a profound loss of energy
- Morning Stiffness
- Headaches
- Digestive disturbances (abdominal pain, bloating, gas)
- Irritable bowel (constipation and/or diarrhea)
- Irritable bladder (frequent and/or painful urination)
- Numbness and tingling in extremities
- Dizziness
- Impaired balance and/or coordination
- Depression
- Anxiety
- Allergies
- Skin sensitivities and rashes
- Alcohol intolerance
- Low basal body temperature (below 97.6)
- Dry eyes and/or mouth
- Vision problems
- Cold Sensitivity
- Heat Sensitivity
- Light Sensitivity
- Sound Sensitivity
- Odors Sensitivity
- Foods Sensitivity
- Medications Sensitivity