

Fibromyalgia Symptom Tracking

VASFIQ: A seven-question survey based on the Fibromyalgia Impact Questionnaire

Name: _____

Today's Date: _____

Circle the number that best indicates your intensity of these symptoms over *the last 7 days*:

VASwork: When you work, how much does pain or other symptoms of fibromyalgia interfere with your ability to do your work, including housework?

0	1	2	3	4	5	6	7	8	9	10	
No problem with work								Great difficulty with work			

VASpain: How bad has your pain been?

0	1	2	3	4	5	6	7	8	9	10
No pain									Very severe pain	

VASfatigue: How tired have you been?

0	1	2	3	4	5	6	7	8	9	10
No tiredness										Very tired

VASsleep: How have you felt when you wake up in the morning?

0	1	2	3	4	5	6	7	8	9	10
Awoke well-rested									Awoke very tired	

VAS tender: Please rate your level of tenderness to touch?

0	1	2	3	4	5	6	7	8	9	10
No tenderness										Very tender

VASfog: How much of a problem has poor memory or concentration been?

0	1	2	3	4	5	6	7	8	9	10
Good memory/concentration							Very poor memory/concentration			

VASmood: How depressed or blue have you felt?

0	1	2	3	4	5	6	7	8	9	10
Not depressed										Very depressed

Total VASFIQ Score (add up the seven scores):