



Daily Activity Checklist

To successfully manage your fibromyalgia, it's important to focus on your ability to function, not just your level of pain. This checklist can help you to see where you are having difficulties with everyday activities. It also is a useful way to communicate your progress to your health care professional.

Activity	Unable	Difficult	Extra Effort	Some Effort	Easy to Do
Sitting for more than 1 hour					
Driving					
Lifting more than 5 pounds					
Working at the computer					
Walking					
Light yard/house work					
Cooking					
Personal Hygiene					
Visiting with family/friends					
Shopping					
Attending social functions					
Child care					
Sleep					
Job Responsibilities					
Sexual intimacy					