

Fibromyalgia Assessment and Tracking Tool

2016 ACR Criteria: Diagnosis requires a Widespread Pain Index (WPI) score ≥ 7 and a Symptom Severity Score (SSS) ≥ 5 , OR a WPI of 3–6 and an SSS ≥ 9 . Symptoms must be present at a similar level for at least 3 months.

WPI Checklist	SSS Scoring
Check regions where you experienced pain in the past week: Shoulder Girdle (L/R) [] [] Hip (Trochanter) (L/R) [] [] Upper / Lower Back [] [] Jaw (L/R) [] [] Chest / Abdomen [] [] Neck [] Upper Arm (L/R) [] [] Lower Arm (L/R) [] [] Upper Leg (L/R) [] [] Lower Leg (L/R) [] [] WPI Total: _____	<i>Severity Scale: 0=No problem, 1=Mild problem, 2=Moderate problem, 3=Severe, a daily problem</i> Part 1 (Severity 0-3): Fatigue: _____ Waking Unrefreshed: _____ Cognitive Symptoms: _____ Part 2 (0-1): Headaches: _____ Abdominal Pain: _____ Depression: _____ SSS Total: _____

Tracking Table

Date	WPI	SSS	FSS