

COSMIC SUN

Fibromyalgia Daily Planner

A pacing-friendly printable planner for choosing what matters and protecting recovery time.

20+ pages of planning prompts and worksheets

Gentle support for pacing, reflection, recovery, and self-trust.

How to Use This Planner

This planner is designed for days when energy is precious. It helps you choose the few things that matter, make room for recovery, and notice what your body is telling you.

- Start with your current energy, not your ideal energy.
- Choose one anchor task, one care task, and one connection task.
- Leave white space on purpose. Rest is part of the plan.

Daily Energy Check-In

Morning signal	What I notice
Pain level	
Fatigue level	
Sleep quality	
Mood	
Body warning signs	

What would make today feel gentler?

Pacing-Friendly Day Plan

Time of day	Plan
Morning	
Midday	
Afternoon	
Evening	

My one must-do task

My one nice-to-do task

My recovery window

Weekly Planning Pages

Day	Energy budget and notes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

What patterns did I notice this week?

Daily Planner - Page 1

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 2

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 3

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 4

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 5

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 6

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 7

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 8

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 9

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 10

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 11

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 12

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 13

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Daily Planner - Page 14

Use one page per day. Keep the plan realistic and leave room for recovery.

Energy level and body signals

Top priority

Care task

Connection or joy task

Rest windows

Weekly Review - Page 1

Use this page at the end of each week to notice what helped.

What worked

What was too much

What I want to adjust next week

Weekly Review - Page 2

Use this page at the end of each week to notice what helped.

What worked

What was too much

What I want to adjust next week

Weekly Review - Page 3

Use this page at the end of each week to notice what helped.

What worked

What was too much

What I want to adjust next week

Weekly Review - Page 4

Use this page at the end of each week to notice what helped.

What worked

What was too much

What I want to adjust next week

Book a Coaching Session

You do not need to have everything organized before reaching out. A discovery call is a quiet place to name what is hard, what you want support with, and whether coaching feels like a good next step.

- One-on-one fibromyalgia coaching
- Support with pacing, routines, flare planning, and self-advocacy
- Gentle accountability that respects your energy limits

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Medical Disclaimer

This resource is educational and supportive only. It is not medical advice, diagnosis, treatment, or a substitute for care from a qualified healthcare professional. Always consult your healthcare provider before changing medications, treatment, movement, nutrition, supplements, or any health plan.