

COSMIC SUN

Pain & Symptom Tracker

A compassionate tracker for noticing patterns in pain, fatigue, sleep, mood, and triggers.

[Printable symptom log](#)

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

Tracking Without Obsessing

The goal is not to monitor every sensation perfectly. The goal is to spot patterns that can help you prepare, communicate with your healthcare team, and treat yourself with more compassion.

- Use simple ratings from 0 to 10.
- Add context: sleep, stress, weather, food, movement, cycle, medication, and emotional load.
- Look for trends over weeks, not single-day perfection.

Daily Symptom Log

Area	Rating / notes
Pain	
Fatigue	
Brain fog	
Sleep	
Digestive symptoms	
Mood or stress	
Medication / supplements	

Possible triggers or helpers today

Pattern Review

Symptoms that increased this week

Symptoms that eased this week

Questions for my healthcare provider

Monthly Overview

Week	Most useful observations
Week 1	
Week 2	
Week 3	
Week 4	

Daily Symptom Tracker - Page 1

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 2

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 3

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 4

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 5

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 6

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 7

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 8

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 9

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 10

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 11

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Daily Symptom Tracker - Page 12

Rate symptoms simply, then add context only if it is useful.

Pain, fatigue, and brain fog ratings

Sleep, mood, and stress

Triggers or changes

What helped today

Provider Notes - Page 1

Bring these notes to appointments if they help you explain patterns clearly.

Questions

Changes to discuss

Symptoms I do not want to minimize

Provider Notes - Page 2

Bring these notes to appointments if they help you explain patterns clearly.

Questions

Changes to discuss

Symptoms I do not want to minimize

Provider Notes - Page 3

Bring these notes to appointments if they help you explain patterns clearly.

Questions

Changes to discuss

Symptoms I do not want to minimize

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

Contact: susana.alarcon1976@gmail.com

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.