

Chronically Cozy

THE LIBRARY COLLECTION

VOLUME TWO

My Symptom Journal

A cozy place to notice patterns, track symptoms, and care for yourself with gentleness—not perfection.



A place to learn. A place to rest. A place to belong.

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Welcome Home

Dear Friend,

I'm glad you're here.

Living with fibromyalgia can feel unpredictable. Some days you wake up feeling hopeful, and other days your body has different plans.

This journal isn't about perfection.

It's about learning your body's story with kindness.

Each page is an opportunity to notice patterns, celebrate small victories, and better understand what your body is trying to tell you.

Take what helps. Leave what doesn't. Come back whenever you need.

And above all, remember this:

Your symptoms are real.

Your experiences matter.

Your body deserves compassion.

Welcome home.

With love,
Josie Lynn 

How to Use This Journal

There is no "right" way to keep a symptom journal.

Some days you'll have the energy to fill out every section.
Some days you may only write the date.
Both are valuable.

This journal isn't here to measure your worth.
It's here to help you notice patterns, celebrate small victories,
and better understand your body over time.

There is no perfect way to use these pages.

Only your way.

Take one day at a time.

Gentle Tip

- ♥ There are no perfect entries.
- ♥ Your pain is valid, even if it changes from day to day.
- ♥ Progress is measured in understanding, not perfection.
- ♥ Celebrate every small victory

Every page you fill is another step toward understanding your body's unique story.

Daily Check-In

Today I'm listening to my body with kindness.



Date: _____

Day: _____

Time: _____

Overall Wellness

Rate each from 1–10

Pain _____

Fatigue _____

Sleep _____

Stress _____

Mood _____

Today's Symptoms

Check all that apply.

- ☐ Widespread Pain
- ☐ Tender Points
- ☐ Muscle Aches
- ☐ Joint Pain
- ☐ Muscle Spasms
- ☐ Stiffness
- ☐ Headache
- ☐ Migraine
- ☐ Brain Fog
- ☐ Memory Problems
- ☐ Difficulty Concentrating
- ☐ Dizziness
- ☐ Balance Problems
- ☐ Tingling / Numbness



One day at a time



Daily Check-In (cont)

Listening with compassion. Learning one day at a time.

Today's Symptoms (cont)

Check all that apply.

- ☐ Jaw Pain (TMJ)
- ☐ Restless Legs
- ☐ Fatigue
- ☐ IBS Symptoms
- ☐ Nausea
- ☐ Light Sensitivity
- ☐ Sound Sensitivity
- ☐ Smell Sensitivity
- ☐ Temperature Sensitivity
- ☐ Anxiety
- ☐ Depression
- ☐ Other: _____

Possible Triggers

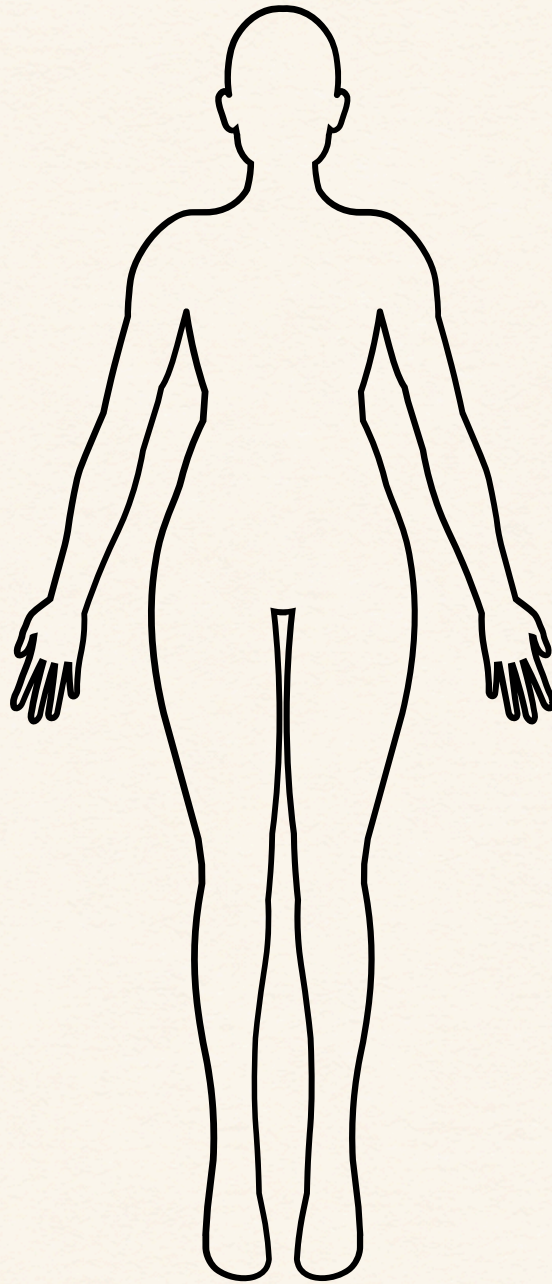
Check all that apply.

- ☐ Poor Sleep
- ☐ Stress
- ☐ Overdoing It
- ☐ Weather Changes
- ☐ Heat
- ☐ Cold
- ☐ Long Car Ride
- ☐ Illness
- ☐ Hormones
- ☐ Certain Foods
- ☐ Emotional Stress
- ☐ Unknown
- ☐ Other: _____

 *Every pattern you notice is another way to care for yourself* 

Body Map - Front

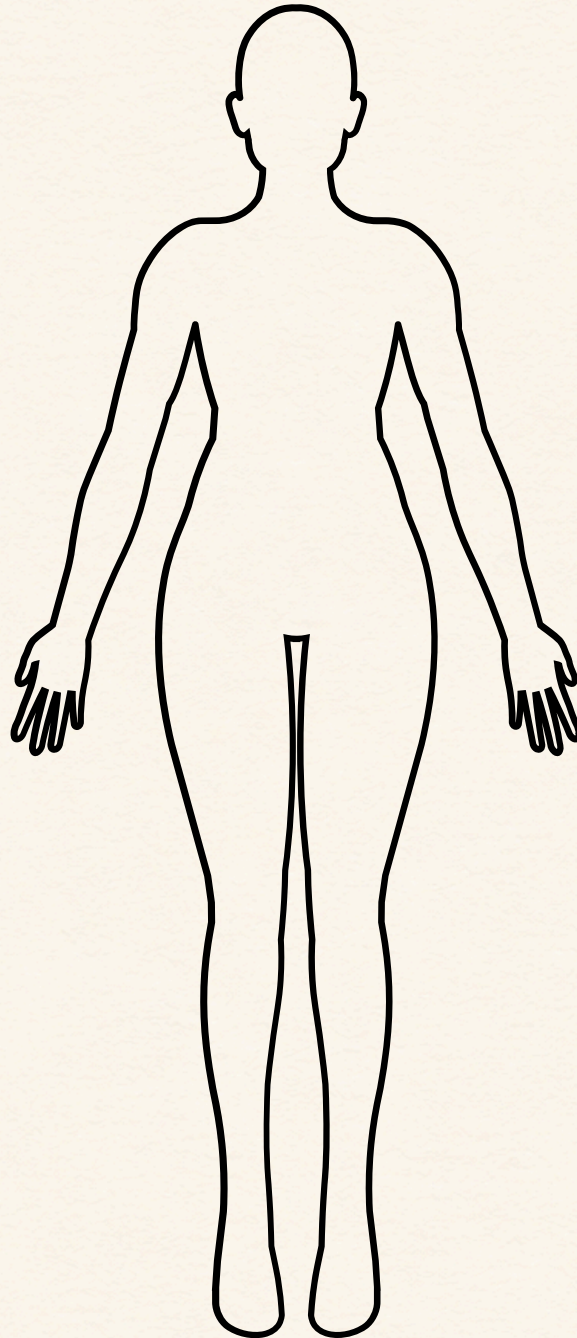
Circle, shade, or mark the areas where you're experiencing pain or discomfort today.



🌻 Your pain is real, even when others can't see it. 🌻

Body Map - Back

Continue marking any areas of pain or discomfort.



 *Every observation helps you understand your body with greater compassion.* 

Today's Care

The little things matter.

Weather Today

Weather can sometimes influence symptoms.

- ☐ Sunny
- ☐ Cloudy
- ☐ Rainy
- ☐ Stormy
- ☐ Snow
- ☐ Windy
- ☐ Humid

Temperature: _____

Barometric Pressure (if known):

Weather Notes: _____

Treatments Used Today

Check any that helped.

- ☐ Stretching
- ☐ Gentle Exercise
- ☐ Heat Therapy
- ☐ Ice Therapy
- ☐ Massage
- ☐ Rest
- ☐ Mobility Aids
- ☐ TENS Unit
- ☐ Warm Bath/Shower
- ☐ Meditation / Prayer
- ☐ Other: _____

 *Small acts of care are still acts of courage.* 



Medications & Supplements

Keeping track today can make tomorrow's conversations easier.



Medications & Treatments

Medications Taken: _____

Supplements: _____

 *Every detail helps you understand your health story.* 

[illegible][illegible]



Today's Cozy Corner

*Before you close your journal, take a moment to notice the good
that still found its way into today*



Today I accomplished...

Today I showed myself kindness by...

Something that made me smile today...

Tomorrow I want to remember...

Gentle Reminder

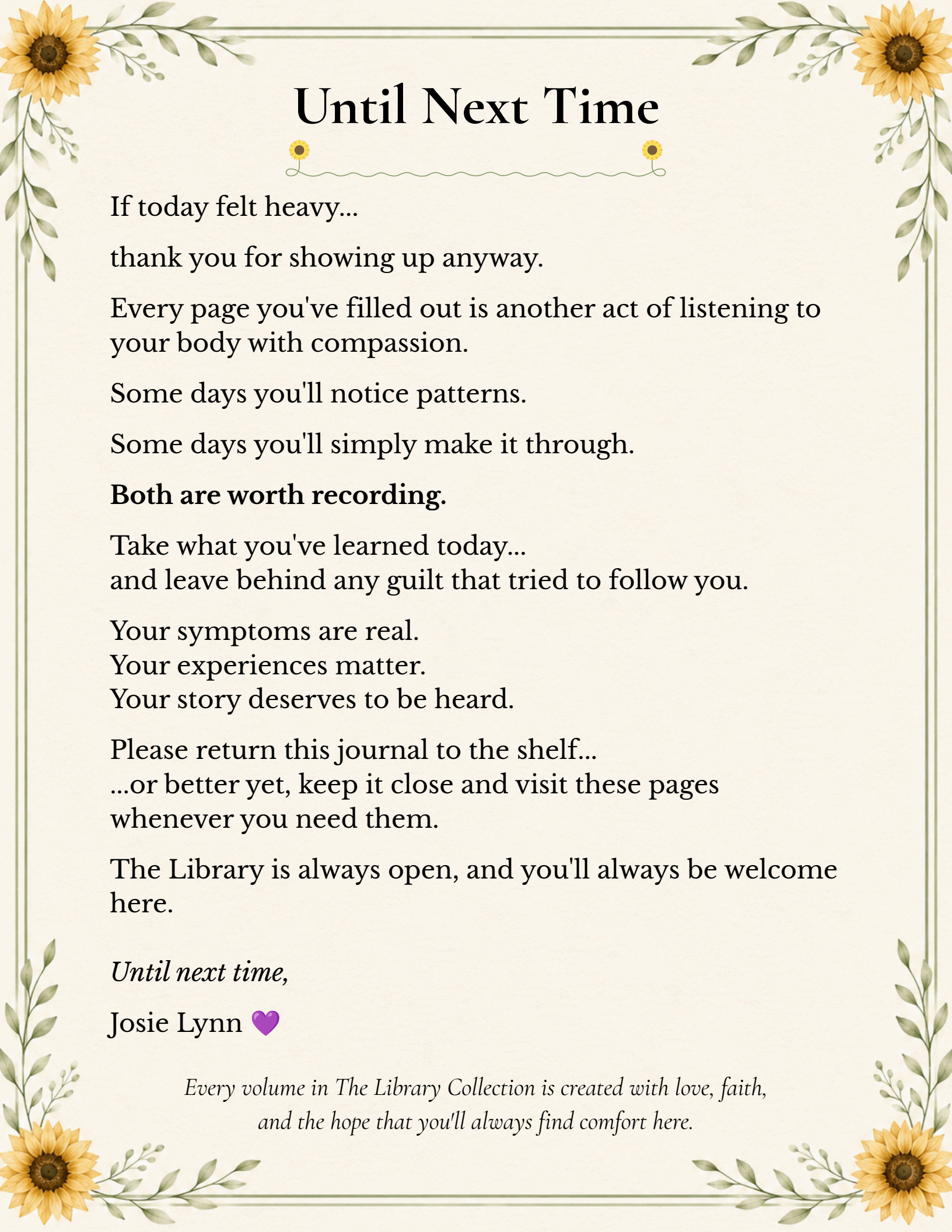
Your worth is not measured by your productivity.

Rest is not weakness.

Small victories are still victories.

And tomorrow is a brand-new page.

 *Even on the hardest days, there is still room for hope.* 



Until Next Time

If today felt heavy...

thank you for showing up anyway.

Every page you've filled out is another act of listening to your body with compassion.

Some days you'll notice patterns.

Some days you'll simply make it through.

Both are worth recording.

Take what you've learned today...
and leave behind any guilt that tried to follow you.

Your symptoms are real.

Your experiences matter.

Your story deserves to be heard.

Please return this journal to the shelf...

...or better yet, keep it close and visit these pages
whenever you need them.

The Library is always open, and you'll always be welcome
here.

Until next time,

Josie Lynn 💜

*Every volume in The Library Collection is created with love, faith,
and the hope that you'll always find comfort here.*