

Fibromyalgia Recovery Checklist

This checklist helps you pace recovery from fibromyalgia using the ALPIMS framework. It focuses on nervous system support, gentle pacing, and rebuilding homeostatic flexibility.

[Zone] Zone Awareness

- ☐ Do I know my Green, Yellow, Red, and Black zone signs?
- ☐ Have I tracked today's baseline?
- ☐ Am I in a zone that allows recovery work?

[Environment] Environmental Stabilization

- ☐ Reduced light, noise, and scent overload at home
- ☐ Predictable routines and meals
- ☐ Low-demand crash space available

[Energy] Mitochondrial & Nervous System Support

- ☐ Am I prioritizing rest without guilt?
- ☐ Gentle movement like stretching, walking, or water therapy
- ☐ Core supplements: Magnesium, CoQ10, B-complex (as tolerated)

[ALPIMS] ALPIMS Domain Support

- ☐ Anxiety: Calming rituals, breath work, previewing
- ☐ Laxity: Movement breaks, posture aids, hydration
- ☐ Pain: Heat packs, pacing, low-impact movement
- ☐ Immune: Low-reactive foods, sensitivity-aware space
- ☐ Mood: Time-in, connection, gentle joy anchors
- ☐ Sensory: Headphones, weighted blanket, minimal input

[Emotional] Emotional & Identity Support

- ☐ Do I acknowledge invisible grief or change?
- ☐ Have I named what's been lost or feared?
- ☐ Do I have a safe space or person for support?

[Crash Plan] Crash Plans

- ☐ Comfort kit prepared (heat, food, meds, regulation tool)
- ☐ Safe food list on hand

[] Plan in place if I dip into Black zone