JUSTaGIRLwithSpots

FREE DOWNLOAD

PSORIASIS FLARE TRACKER

Rate each day from 1 to 5, where 1 is a great day and 5 is a rough one. It takes less than a minute, and after two weeks you may see a pattern you could not see in the moment. Stress is my biggest trigger, and skin injuries can turn into new spots a week or two later, so I track both.

DAY	DATE	SKIN	JOINTS	FATIGUE	STRESS	SLEEP HRS	NOTES: WHAT I TRIED, ATE, OR DID
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

POSSIBLE TRIGGERS TO WATCH

- ☐ Stress
- ☐ Weather
- ☐ Travel
- ☐ New product
- ☐ Skin injury
- ☐ Sick
- ☐ Missed treatment
- ☐ Hard night of sleep

AFTER TWO WEEKS

WHAT DO I NOTICE?

BRING TO MY NEXT APPOINTMENT

I am not a doctor, and this is based on my own experience living with psoriasis and psoriatic arthritis. Talk with your health care provider about what is right for you.