

This log has been created to help you keep track of your symptoms and the level of severity on a daily basis. Fill out the chart below and bring the completed charts to your next doctor's visit. You may want to make extra copies for future use. It is also recommended to have this tracker available for emergency hospital visits. Provided is a sample flare tracker and a blank flare tracker for your records. Please note we have provided general guidelines in the sample, it will be utilized differently according to the individual.

Flare Symptoms Tracker - SAMPLE

Date	Symptom(s)/General Well-Being	Description	Level of Intensity	Report to Doc or Nurse? (Action for each flare)
01/01/08	Stomach Pain 1=None at all; 10=Extreme	Cramping on the left side.	5	Left a message with the nurse.
	Diarrhea 1=None at all; 10=Extreme	Loose, watery, mucous involved; occurs after each meal.	7	Visited the doctor; he/she increased my medication dosage.
	Number of bowel movements (level=number of bowel movements)	Two bowel movements with blood or Six bowel movements without blood.	8	
	Fatigue Level 1=None at all; 10=Extreme	Extremely tired all day.	9	
	Stress Level 1=None at all; 10=Extreme	Stressed about upcoming exam.	8	
	Other Symptom			
	Other Symptom			

Flare Symptoms Tracker

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