



## Daily Symptom & Trigger Record

Print off copies of this page to help you keep track of your progress in managing your rosacea. Keep a daily record, noting the severity of your symptoms, what caused your rosacea to flare up and whether or not you applied your medication. Over time, this record can help you identify patterns and triggers of your symptoms.

Date:     /     /

Overall, today I felt: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### My Rosacea Symptoms

On a scale of 1 to 10, today my rosacea symptoms:

Didn't bother me

Really bothered me

1     2     3     4     5     6     7     8     9     10

### My Rosacea Medication

I applied my prescription medication today.     YES     NO

### My Rosacea Triggers

I ate or drank any of these common triggers (check boxes):

<input type="radio"/> Spicy food	<input type="radio"/> Soy sauce	<input type="radio"/> Hot drinks
<input type="radio"/> Hot food	<input type="radio"/> Spirits (gin, vodka)	<input type="radio"/> Red wine
<input type="radio"/> Vinegar	<input type="radio"/> Beer	<input type="radio"/> Champagne

Anything else I ate or drank today that could have bothered me: \_\_\_\_\_  
\_\_\_\_\_

Today, the weather was:

Hot     Cold     Windy     Humid     Sunny

My activity level today was:

Low     Moderate     Intense     I was not active today

### My Personal Notes

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_