



Psoriatic-Arthritis.com Symptom Tracker

What symptoms are you experiencing today?


Date: _____ S M T W TH F S

 **Pain**

1	2	3	4	5	6	7	8	9	10
mild			moderate				severe		

 **Tenderness and swelling**

1	2	3	4	5	6	7	8	9	10
mild			moderate				severe		

 **Fatigue and brain fog**

1	2	3	4	5	6	7	8	9	10
mild			moderate				severe		

 **Sleep quality**

Good

Moderate

Poor

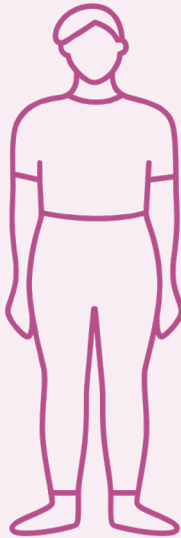
Mental health check

Anxiety

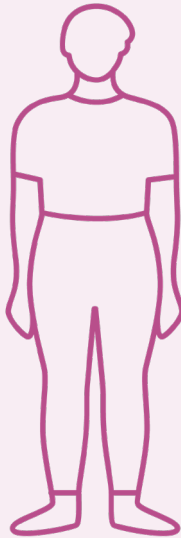
Depression

Overwhelming feelings

Mark below where you are experiencing painful symptoms.



Front



Back

Notes (strange symptoms, treatments I'm interested in, questions for my doctor, etc.):

It's rough, but I'm tough. Be proud of the little things.