



Symptoms Tracker

Name:

Start Date:

Date	Pain (1-10)	Pain Location	Energy (1-10)	Swelling	Sleep Hour	Med Taken?	Note

Weekly Reflection

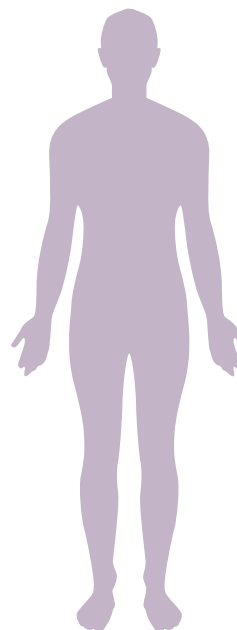
What went well this week?

What flared up?

Triggers I noticed:

Questions for my doctor:

SYMPTOMS HEAT MAP



Symptoms may vary from day to day. Use this tool to advocate for yourself.





How To Use Your Autoimmune Symptoms Tracker

Step 1: Track Your Day

Write down today's date, pain level (1-10), pain location, energy level, swelling, and sleep. Use 1-10 ratings or simple notes.

Step 2: Mark Any Triggers

- Did the weather change?
- Did you eat something new?
- Poor sleep or extra stress?
- Log it in the notes section.

Step 3: Note Your Medications

- Check off whether you took your medications.
- Record any changes in dose or new symptoms.

Step 4: Reflect and Ask

Use the weekly reflection area to note what helped, what didn't, and what questions you have for your doctor. Use the body diagram to shade where you had pain, stiffness, or inflammation.

Your symptoms can change daily. This tracker helps you spot patterns, communicate with your care team, and feel more in control of your health.

Remember: You don't have to fill this out every single day. Even a few entries a week can reveal helpful patterns.

