

Keeping a journal allows you to share a more complete picture of your experience with your health care providers. It can also help you to identify triggers, patterns in your flares, and effective ways to manage your symptoms.

This journal allows you to keep track of your lupus symptoms and relevant details, such as when they occur, duration, severity, effects on your ability to function, and your treatment actions and results. With a better understanding of your lupus experience, you and your health care providers can design and/or adjust a care plan tailored to your needs.

Examples of Symptoms:

- Fatigue
- Pain or swelling in the joints
- Swelling in the hands, feet, or around the eyes
- Headaches
- Butterfly-shaped rash on the cheeks and nose
- Hair loss
- Sores in the mouth or nose
- Low-grade fevers
- Sensitivity to sunlight or fluorescent light
- Chest pain when breathing deeply

Examples of Triggers:

- Estrogen levels (e.g., a certain time in your menstrual cycle)
- High stress (emotionally or physically)
- Exhaustion
- Infection or injury
- Exposure to ultraviolet light
- Change in medication(s)

Symptoms Severity Rating:



Functional Ability Rating:



Relief Rating:



Notes (including identification of possible triggers and why):

Month & Year: _____

Day	Symptom(s)	Duration	Severity [1-10]	Ability to Function [0-10]	Medication/ Treatment [Name, Dose]	Relief [0-10]	Flare Day? [Y/N]
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