

ARTHRITIS ACTIVITY TRACKER

Month:

Year:

PAIN SCALE: 0 (None) 2 (Mild) 4 (Moderate) 6 (Distracting) 8 (Severe) 10 (Unbearable)

DATE	ACTIVITY / EXERCISE	DURATION	PAIN LEVEL (0- 10)	STIFFNESS (AM/PM)	MEDICATION/ICE/HEAT
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DATE	ACTIVITY / EXERCISE	DURATION	PAIN LEVEL (0- 10)	STIFFNESS (AM/PM)	MEDICATION/ICE/HEAT
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WEEKLY OBSERVATIONS

FLARE-UP TRIGGERS (WEATHER, FOOD, STRESS)