

# ARTHRITIS FLARE-UP TRACKER

Month/Year: \_\_\_\_\_

*Pain Scale: 0 (None) - 5 (Moderate) - 10 (Severe) | Stiffness: AM (Morning), PM (Evening), ALL (All Day)*

<b>DATE</b>	<b>PAIN (0-10)</b>	<b>AFFECTED JOINTS</b>	<b>STIFFNESS</b>	<b>TRIGGERS (WEATHER, FOOD, ACTIVITY)</b>	<b>MEDICATIONS / RELIEF METHODS</b>	<b>NOTES</b>
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### **Monthly Summary & Physician Questions**