

ARTHRITIS INFLAMMATION LOG

Month/Year:

Patient Name:

DATE	PAIN LEVEL (1-10)	MORNING STIFFNESS (DURATION)	AFFECTED JOINTS	ACTIVITY LEVEL	TRIGGERS & NOTES (DIET, WEATHER, STRESS)
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Key: Pain Level: 1 (Minimal) - 10 (Severe) | Activity: Low, Moderate, High | Stiffness: Minutes/Hours until full mobility.