TRACKING YOUR DIET AND SYMPTOMS

Bimzelx® (bimekizumab-bkzx) Navigate

Keeping track of what and when you eat can be very helpful in tracking your symptoms. It allows you to look back and see any patterns related to food triggers and understand how to avoid them.

Using this chart, you can keep track of the foods you've eaten and **mark how severe you feel your symptoms are for that week** on a scale from 1-5, with 1 being low and 5 being very severe.

Week 1	S	M	T	W	Th	F	S
	Bagel w/ cream cheese						
	Ham and cheese sandwich						
	Chips						
	Spaghetti, garlic bread						
	Soda						

Week 1 Symptoms

Location of symptoms: _____

Severity of symptoms (on a scale from 1-5): _____

Any other changes in your life, aside from food, such as stress, hormones, or activities? _____

Week ____	S	M	T	W	Th	F	S

Week ____ Symptoms

Location of symptoms: _____

Severity of symptoms (on a scale from 1-5): _____

Any other changes in your life, aside from food, such as stress, hormones, or activities? _____

Week ____	S	M	T	W	Th	F	S

Week ____ Symptoms

Location of symptoms: _____

Severity of symptoms (on a scale from 1-5): _____

Any other changes in your life, aside from food, such as stress, hormones, or activities? _____

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Week ____ Symptoms

Location of symptoms: _____

Severity of symptoms (on a scale from 1-5): _____

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Any other changes in your life, aside from food, such as stress, hormones, or activities? _____