

Tracking Your Progress



As you begin treatment, this symptom tracker can help you keep tabs on how you're feeling at each of your initial doses. This can make it easier to notice patterns, how well your treatment is working over time, and gives you something to share with your doctor.

If you have any visible symptoms, it may also be helpful to photograph any problem areas that persist to give your doctor a clearer understanding of your experience.

DOSE 1 | WEEK 0

Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 2 | WEEK 2

Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 3 | WEEK 4 Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 4 | WEEK _____ Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 5 | WEEK _____ Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 6 | WEEK _____ Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 7 | WEEK _____ Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 8 | WEEK _____ Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 9 | WEEK _____ Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 10 | WEEK _____ Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT

DOSE 11 | WEEK _____ Date _____

How would you rate your symptoms today on a scale of 1 (bad) to 5 (great):

Pain _____ Stiffness _____ Discomfort _____ Skin _____

Other _____

How do you feel about your symptoms today?



WORST



POOR



AVERAGE



GOOD



EXCELLENT