

Eczema Diary

M T W T F S S

Mood:

Date:

____/____/____



Diet

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Activities



Itchiness

1 2 3 4 5 6 7 8 9 10



No Itching

Very Itchy

Sleep

Triggers

- Detergent
- Soap
- Illness
- Dust
- Cream
- Pet or Animal
- Weather
- Stress
- Clothes
- Medication

Symptoms

- Red & Inflamed
- Dry Flaky
- Discolouration
- Itchy
- Patchy
- Clear
- Oosey

Where is the eczema?



Notes:



