

# 30-DAY DAILY SYMPTOM TRACKER

An easy way to record your symptoms and help your doctor understand how your treatment is going.

Mark the box that best represents how your symptoms are doing that day compared with the day before. It is best to record your symptoms at the same time every day.

Make sure to share these results to help your doctor evaluate your treatment. Remember to continue taking your prescription as directed by your doctor.

## PLAQUE PSORIASIS

Mark the box that best describes how you feel on that day compared with the day before.

	Redness				Thickness				Scaliness						
	WORSE	←	NO CHANGE	→	IMPROVED	WORSE	←	NO CHANGE	→	IMPROVED	WORSE	←	NO CHANGE	→	IMPROVED
DAY 1															
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DAY 3															
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