

My arthritis symptom diary

Helping me explain what I've been experiencing



Arthritis NZ
Mateponapona
Aotearoa

You don't need to record everything. Use this diary to jot down the symptoms and changes that feel important to you.



My symptoms at a glance



When did my symptoms first begin?



Where in my body am I experiencing symptoms?



Have my symptoms changed over time? For example, are they getting better or worse, staying the same, or coming and going?



What seems to make my symptoms better or worse?



Keeping track of my symptoms

Date/Time	What did I notice?	Where?	How long did it last?	How much did it affect me 0-10?	What was I doing around that time?	What helped?

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Date/Time	What did I notice?	Where?	How long did it last?	How much did it affect me 0-10?	What was I doing around that time?	What helped?

Other things I've noticed



Stiffness

When does it happen and how long does it last?



Fatigue / energy

Have you noticed changes in your energy or tiredness?



Sleep

Are your symptoms affecting your sleep?

How are my symptoms affecting my everyday life?

Think about work, getting around, exercise, sleep, looking after yourself, spending time with whānau, hobbies or other things that matter to you.

Something I'd really like to get back to doing

Something I want my rheumatologist to understand

Take your diary with you to your appointment.

