

Date: _____

Day:

Weather:

Mood:

MTWTFSS



What I ate

Breakfast:

Lunch:

Dinner:

Snacks:

What I did

How Itchy?

1 2 3 4 5 6 7 8 9 10



No itching

Very itchy

How well I slept...

Possible triggers

- Detergents
- Toiletries
- Illness
- Dust
- Pet or Animal
- Weather
- Stress
- clothes
- Pollen
- other

Symptoms

- Dry/Flaky
- Itchy
- Patchy
- Weeping
- Inflamed & discoloured

Where is the eczema?



What creams

Notes