

HEALTH DIARY

A Health Diary helps you keep track of changes in your arthritis symptoms. It also lets you keep a record of activities that you are doing to help your arthritis, so that you can see how you respond to a new treatment or a change in your routine.

Use your Health Diary:

- **Daily** to see how things relate to each other, such as the relationship between your pain and exercise.
- **Weekly** to see your response to a new treatment or a trend in your symptoms.
- **Monthly**, if your arthritis is well-controlled and you want to monitor your condition.

Write the date at the top of the diary **every time** you use it.

Answer the questions below by choosing a number from 0 to 10, or by noting “time” in minutes.

Date:							
Symptoms:							
How many minutes were your joints stiff when you woke up today ? Put zero, if no stiffness.							
How much arthritis pain did you feel over the last 24 hours ? (0 [no pain] to 10 [worst possible pain])							
How much fatigue or tiredness have you had in the last 24 hours ? (0 [no fatigue] to 10 [worst possible fatigue])							
How much has stress been a problem for you over the last 24 hours ? (0 [no problem] to 10 [worst possible problem])							
How much of a problem was sleeping for you last night ? (0 [no problem] to 10 [worst possible problem])							
How happy have you felt over the last 24 hours ? (0 [not happy at all] to 10 [very happy])							
How much has arthritis limited you from doing daily activities (dressing, cooking, walking, etc.)? (0 [none] to 10 [extremely limited])							

How much has arthritis limited your ability to do paid work? (0 [none] to 10 [extremely limited])							
If there is anything else about your arthritis that you have experienced in the last 24 hours note these below. Problems (e.g., money concerns) rate from 0 [none] to 10 [worst possible]. Good things (e.g., feeling motivated) rate from 0 [none] to 10 [best possible].							
Other:							
Other:							
Other:							
Other:							
Helpful Activities: There are many things that can help you to feel better, such as using heat or ice, taking rest breaks when needed, getting regular exercise, etc. Write the activity below and the number of minutes you did the activity.	Time (in minutes)						
Activity 1:							
Activity 2:							
Activity 3:							
Activity 4:							
Activity 5:							
Activity 6:							
Activity 7:							