

TRIGGER TRACKER



Modern life can be tough on our skin. Using this chart, you can record the condition of your skin over the week and the possible triggers you may encounter.

Share the completed tracker with your pharmacist/ healthcare professional to help them advise on suitable skincare. You may also like to take some pictures on your phone to help demonstrate any symptoms.

DATE: _____

DAY	MY SKIN			MY MANAGEMENT			POSSIBLE TRIGGERS (Please give details as indicated)								
	How dry (1-5)?*	How itchy (1-5)?*	Other noticeable symptoms?^	How did I use emollients?	Did I use emollient cleansers?	What other treatment did I use (eg. lotions)?	Weather (hot or cold)	Airbourne allergens (eg. pollen)	Was I stressed? (Yes/No)	Pets or animals (eg. cat/dog)	What clothing did I wear?	Did I sweat? (Yes/No)	What soaps/detergents did I use?	Do I live in a hard water area?	Other
1															
2															
3															
4															
5															
6															
7															

* 1 is the least dry/itchy; 5 is the most dry/itchy.
 ^ Key symptoms to note: red, cracking, weeping, flaky.