

MY 7-DAY RHEUMATOID ARTHRITIS (RA) SYMPTOM & ACTIVITY TRACKER

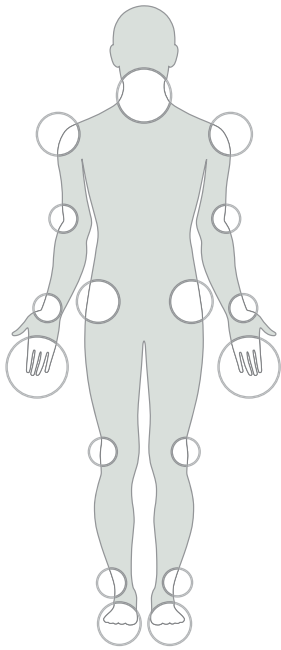
THE THREE ACTIVITIES I WANT TO TRACK:

ACTIVITY 1

ACTIVITY 2

ACTIVITY 3

DAY 01 TODAY'S DATE _____



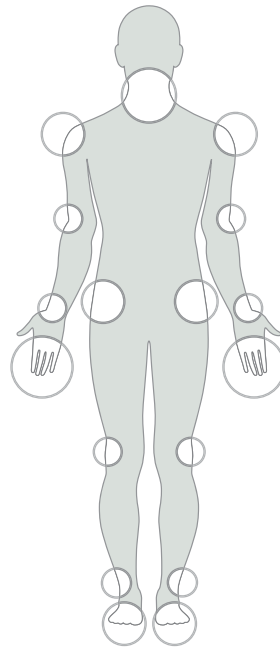
	EASY TO DO			HARD TO DO	
ACTIVITY 1	1	2	3	4	5
ACTIVITY 2	1	2	3	4	5
ACTIVITY 3	1	2	3	4	5

< CHECK THE JOINTS THAT HURT

OVERALL, TODAY I FELT:

- VERY BAD
- BAD
- OKAY
- GOOD
- VERY GOOD

DAY 02 TODAY'S DATE _____



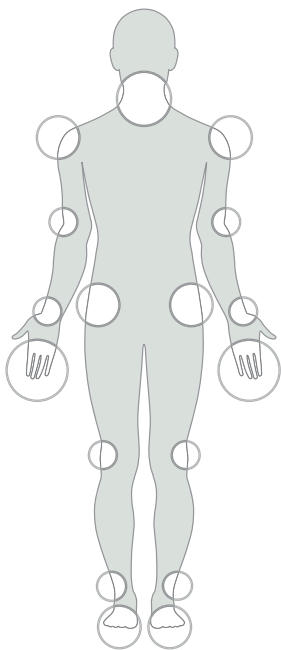
	EASY TO DO			HARD TO DO	
ACTIVITY 1	1	2	3	4	5
ACTIVITY 2	1	2	3	4	5
ACTIVITY 3	1	2	3	4	5

< CHECK THE JOINTS THAT HURT

OVERALL, TODAY I FELT:

- VERY BAD
- BAD
- OKAY
- GOOD
- VERY GOOD

DAY 03 TODAY'S DATE _____



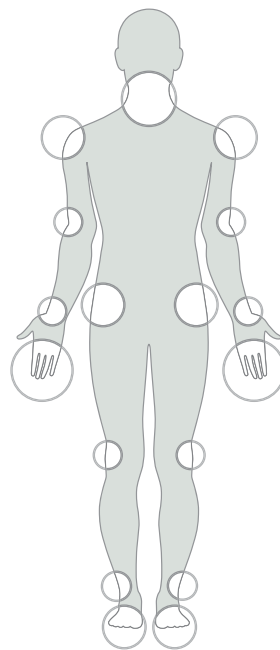
	EASY TO DO			HARD TO DO	
ACTIVITY 1	1	2	3	4	5
ACTIVITY 2	1	2	3	4	5
ACTIVITY 3	1	2	3	4	5

< CHECK THE JOINTS THAT HURT

OVERALL, TODAY I FELT:

- VERY BAD
- BAD
- OKAY
- GOOD
- VERY GOOD

DAY 04 TODAY'S DATE _____



	EASY TO DO			HARD TO DO	
ACTIVITY 1	1	2	3	4	5
ACTIVITY 2	1	2	3	4	5
ACTIVITY 3	1	2	3	4	5

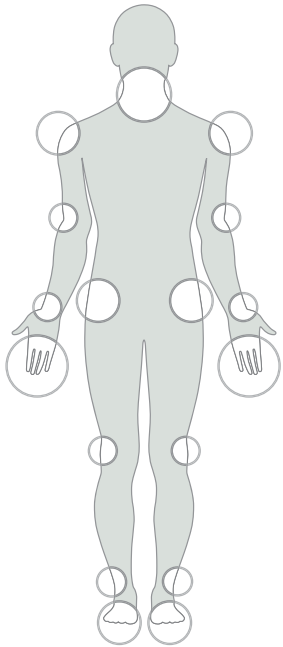
< CHECK THE JOINTS THAT HURT

OVERALL, TODAY I FELT:

- VERY BAD
- BAD
- OKAY
- GOOD
- VERY GOOD

MY 7-DAY RHEUMATOID ARTHRITIS (RA) SYMPTOM & ACTIVITY TRACKER

DAY 05 TODAY'S DATE _____



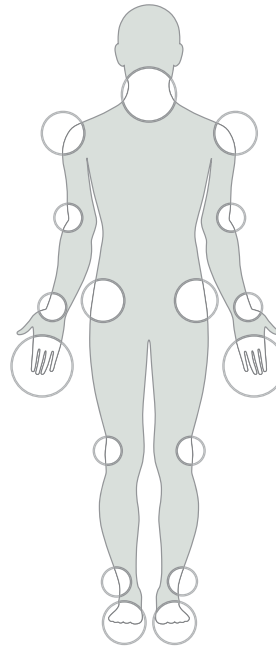
	EASY TO DO			HARD TO DO	
ACTIVITY ①	1	2	3	4	5
ACTIVITY ②	1	2	3	4	5
ACTIVITY ③	1	2	3	4	5

< CHECK THE JOINTS THAT HURT

OVERALL, TODAY I FELT:

- VERY BAD
- BAD
- OKAY
- GOOD
- VERY GOOD

DAY 06 TODAY'S DATE _____



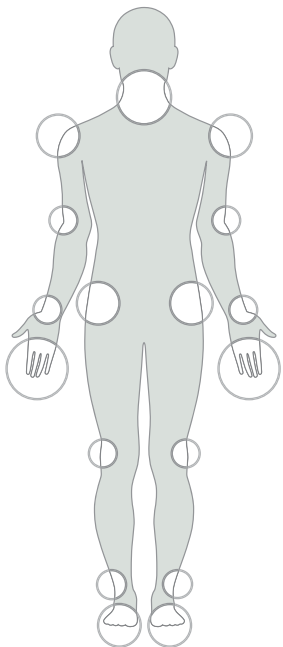
	EASY TO DO			HARD TO DO	
ACTIVITY ①	1	2	3	4	5
ACTIVITY ②	1	2	3	4	5
ACTIVITY ③	1	2	3	4	5

< CHECK THE JOINTS THAT HURT

OVERALL, TODAY I FELT:

- VERY BAD
- BAD
- OKAY
- GOOD
- VERY GOOD

DAY 07 TODAY'S DATE _____



	EASY TO DO			HARD TO DO	
ACTIVITY ①	1	2	3	4	5
ACTIVITY ②	1	2	3	4	5
ACTIVITY ③	1	2	3	4	5

< CHECK THE JOINTS THAT HURT

OVERALL, TODAY I FELT:

- VERY BAD
- BAD
- OKAY
- GOOD
- VERY GOOD

WEEKLY SUMMARY

Mark the average rating for each activity:

ACTIVITY 1:	Easy	1	2	3	4	5	Hard
ACTIVITY 2:	Easy	1	2	3	4	5	Hard
ACTIVITY 3:	Easy	1	2	3	4	5	Hard

OVERALL, THIS WEEK I FELT:

VERY BAD BAD OKAY GOOD VERY GOOD

This tracker is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. This is not intended to be used as a diagnostic tool. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

