

**LET US  
HELP YOU  
STAY ON  
THE RIGHT  
TRACK**

---



**Your Eczema Tracker**

# Keeping track of your eczema is important

## Here's where it all begins

This Eczema Tracker gives you a clear way to record your moderate-to-severe eczema (atopic dermatitis) signs and symptoms and keep track of how you're doing. It can help you:

- Share important information with your doctor to help manage your eczema
- Keep close tabs on your condition



Need additional pages for your Eczema Tracker? Use this QR code or download more [here](#).

**Be sure to keep your Eczema Tracker handy so you can rate your signs and symptoms, make note of any changes, and stay motivated daily for the next 12 weeks.**

**To establish a routine, it may help to use this tracker every day after taking your pill. There's also a calendar included, so you can keep track of doctor and blood monitoring appointments.**

**Let's get started.  
We're in this together.**

# Eczema may not be the same every day

That's why it's helpful to track your signs and symptoms during your treatment.

Welcome to the first day of your eczema treatment. It's important to establish where you are now.

“The journey of a thousand miles begins with a single step.”  
– Lao Tzu



## REMINDER

Sharing photos of yourself with your doctor is a great way to document your treatment. Remember to take pictures before you start your treatment and throughout it, too.

Use this space to record how you are doing on your first day of treatment.

TODAY'S DATE:

How often do you experience eczema signs and symptoms over a typical week?

- 1-2 days  3-4 days  5-6 days  Every day

In a typical week, how would you rate your overall eczema signs and symptoms at their worst?

- 1  2  3  4  5  6  7  8  9  10

Manageable

Severe

How would you describe your signs and symptoms today?

## WEEK 1: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>										<i>Severe</i>									
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
M	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
W	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
F	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

How would you describe your signs and symptoms this week?

“The secret of getting ahead is getting started.”  
– Mark Twain

Are you using additional eczema medications?  
Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### TIP

Be sure to follow the instructions for taking your medication. If you miss a dose, ask your doctor how to get back on track.

## WEEK 2: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>					<i>Severe</i>				
S	1	2	3	4	5	6	7	8	9	10
M	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
W	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
F	1	2	3	4	5	6	7	8	9	10
S	1	2	3	4	5	6	7	8	9	10

How would you describe your signs and symptoms this week?



Let us know how it's going. Scan this QR code or learn how you can share your experience [here](#).

Are you using additional eczema medications? Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### REMINDER

Remember to take pictures of your eczema throughout your treatment. It's a great way to keep track of and share any progress with your doctor.

## WEEK 3: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>										<i>Severe</i>									
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
M	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
W	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
F	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

How would you describe your signs and symptoms this week?

“The beginning is the most important part of the work.”

– Plato

Are you using additional eczema medications? Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### REMINDER

Talk to your doctor about the importance of scheduling periodic blood tests and make an appointment.

## WEEK 4: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>										<i>Severe</i>									
S	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
M	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
W	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
F	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
S	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10

How would you describe your signs and symptoms this week?

“The best way to predict your future is to create it.”  
– Abraham Lincoln

Are you using additional eczema medications?  
Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### REMINDER

Is your blood test coming up?  
It's important so please don't forget.

## WEEK 5: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>										<i>Severe</i>									
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
M	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
W	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
F	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

How would you describe your signs and symptoms this week?

“Great things are done by a series of small things brought together.”  
– Vincent Van Gogh

Are you using additional eczema medications?  
Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### REMINDER

Remember to bring this Eczema Tracker to your appointments to share your progress with your doctor.



## WEEK 6: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>					<i>Severe</i>				
S	1	2	3	4	5	6	7	8	9	10
M	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
W	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
F	1	2	3	4	5	6	7	8	9	10
S	1	2	3	4	5	6	7	8	9	10

How would you describe your signs and symptoms this week?

“Forever is composed of nows.”  
– Emily Dickinson

Are you using additional eczema medications?  
Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### TIP

Remember to take your medication according to your doctor's instructions. It may be helpful to keep it in a place you'll be sure to see it, like your kitchen counter.

## WEEK 7: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>					<i>Severe</i>				
S	1	2	3	4	5	6	7	8	9	10
M	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
W	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
F	1	2	3	4	5	6	7	8	9	10
S	1	2	3	4	5	6	7	8	9	10

How would you describe your signs and symptoms this week?

“Never leave that till tomorrow which you can do today.”  
– Benjamin Franklin

Are you using additional eczema medications?  
Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### REMINDER

Don't forget to bring this Eczema Tracker to doctor appointments.

## WEEK 8: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>										<i>Severe</i>									
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
M	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
W	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
F	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

How would you describe your signs and symptoms this week?

“Well-being is realized by small steps, but is truly no small feat.”

– Zeno

Are you using additional eczema medications? Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### REMINDER

Keep up with the pictures! Taking photos of yourself is an important way to track your progress to share with your doctor.

## WEEK 9: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>										<i>Severe</i>									
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
M	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
W	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
F	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

How would you describe your signs and symptoms this week?

“Success is not something to wait for,  
it is something to work for.”  
– Walt Whitman

Are you using additional eczema medications?  
Here's where you can keep track of them, too.

Use this space to record little victories or  
challenges you faced with your eczema this week.



### REMINDER

Don't forget to use the calendar provided to keep track of your next doctor appointment.

## WEEK 10: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>					<i>Severe</i>				
S	1	2	3	4	5	6	7	8	9	10
M	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
W	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
F	1	2	3	4	5	6	7	8	9	10
S	1	2	3	4	5	6	7	8	9	10

How would you describe your signs and symptoms this week?

“Go confidently in the direction of your dreams.”  
– Henry David Thoreau

Are you using additional eczema medications?  
Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### REMINDER

Have you taken your medication today?  
Remember to follow your doctor's instructions.

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

### How would you rate your overall eczema signs and symptoms at their worst?

	Manageable					Severe				
S	1	2	3	4	5	6	7	8	9	10
M	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
W	1	2	3	4	5	6	7	8	9	10
T	1	2	3	4	5	6	7	8	9	10
F	1	2	3	4	5	6	7	8	9	10
S	1	2	3	4	5	6	7	8	9	10

### How would you describe your signs and symptoms this week?

“We cannot live better than in seeking to become better.”  
– Socrates

### Are you using additional eczema medications? Here's where you can keep track of them, too.

### Use this space to record little victories or challenges you faced with your eczema this week.



#### REMINDER

Don't forget to bring your Eczema Tracker when you have a doctor appointment.

## WEEK 12: WEEKLY ECZEMA TRACKER

Fill in the appropriate circle to rate your daily eczema signs and symptoms, and use the space provided to answer the questions.

How would you rate your overall eczema signs and symptoms at their worst?

	<i>Manageable</i>										<i>Severe</i>									
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
M	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
W	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
T	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
F	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

How would you describe your signs and symptoms this week?



How do you feel today? Scan this QR code or learn how you can share your experience [here](#).

Are you using additional eczema medications? Here's where you can keep track of them, too.

Use this space to record little victories or challenges you faced with your eczema this week.



### REMINDER

A picture is worth a thousand words! Now's the perfect time to take a photo of yourself.







**You play a big role in achieving your treatment goals. These calendar pages can help you stay organized and keep track of important dates throughout your eczema treatment.**



**Use these pages to:**



Keep track of taking your pill every day



Remember appointments for periodic blood tests



Remind yourself when it's time to refill your prescription



Schedule follow-up visits with your doctor



Plan for other important events in your life



## Welcome to your personalized calendar

---

Use the following calendar pages to keep track of appointments and treatment updates. This can help you stay focused and motivated as you work towards your goals.

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES



Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

Remember to take your pill as prescribed by your doctor.

S	M	T	W	T	F	S	NOTES

# YOUR PERSONAL ECZEMA JOURNEY

---

