Flare-up Factor Tracker

The purpose of the Flare-up Factor Tracker is to help you identify things that lead to your pain flares. Please complete this diary every time you have a flare across at least 5 flares. It's best to do the scoring of your symptoms as close to the actual time as possible as this will ensure more accurate ratings.

Below is a legend and an example to show you how to complete the diary:

Time of day: AM, noon, PM?
Activity: Write a brief description of what you were doing before the flare occurred (e.g., showering, eating breakfast, riding the bus). Note: you may have more than one activity in each time slot.
Exertion: Did you over-do any of the activities?
Eat: Think about what you ate leading up to the pain flare
Weather: Indicate what the weather was like before your pain flare
Sleep: How many hours of sleep did you get the night before the flare? Was it good sleep?, Was it continuous sleep?
Mood: Think about your mood, were you: tense, anxious, afraid, restless, cheerful, have you been enjoying activities like usual?
Anything else: Any things else you noticed before the flare occurred?

Flare episode	Time of day	Activity	Exertion	Eat	Weather	Sleep	Mood	Anything else
Flare 1								
Flare 2								
Flare 3								
Flare 4								
Flare 5								