

How to Track Your Symptoms

Systemic conditions like Still's disease can cause symptoms across your whole body. These symptoms can change day to day and over time. The symptom tracker worksheets attached here can help keep track of everything you are experiencing in one place. Bringing them to your next doctor's appointment can help you have more detailed and meaningful conversations about your health.

Tracking Tips:



Record your symptoms as they happen

Making a note of your symptoms in the moment will help you keep your tracking accurate. You should also record the days when you don't experience any symptoms at all.



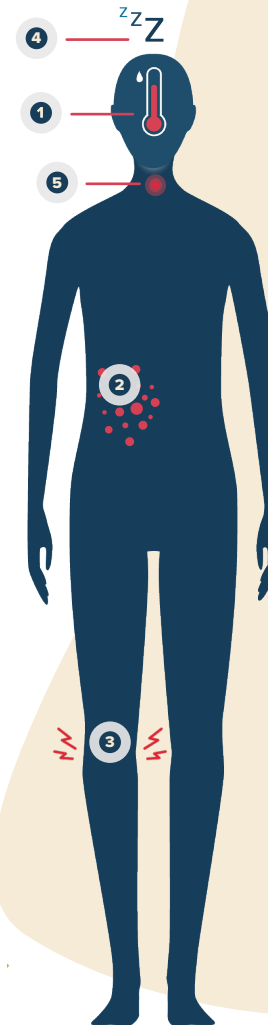
Create a system that's easy to maintain

The attached symptom worksheets are helpful guides, but you can also use your phone to keep notes and take pictures, which can be helpful with recording symptoms like rash. However you do it, the most important thing is to find what works for you. That will make it easier to keep an accurate record over time.



Try to give the complete picture

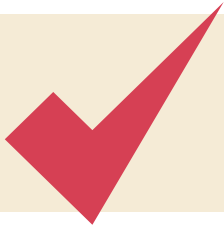
From your first appointment on, it's important to let your doctor know your full health history in addition to anything else going on in your life. This can include previous health concerns, current medications you are taking, and other factors that can trigger symptoms, like getting sick or being stressed. You can also add this information to the notes sections of the attached worksheets.



Common symptoms:

These are just a few symptoms of Still's disease, but there are other symptoms as well. So it's important to track these and also make a note of any others, even if they may not seem related.

- 1 **Fever**
- 2 **Rash**
- 3 **Swollen and/or painful joints**
- 4 **Feeling very tired**
- 5 **Sore throat**



Weekly Symptom Tracker

How to use it: Check boxes and jot down notes for symptoms as they happen. Below are the most common symptoms associated with Still's disease. Bring this tracker with you to your next doctor's appointment.

Week of _____ / _____

	MONDAY ____/____	TUESDAY ____/____	WEDNESDAY ____/____	THURSDAY ____/____	FRIDAY ____/____	SATURDAY ____/____	SUNDAY ____/____
SYMPTOMS							
Fever Still's disease is characterized by high fever (102.2 °F or higher).	<input type="checkbox"/> Yes <input type="checkbox"/> No Temp _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Temp _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Temp _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Temp _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Temp _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Temp _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Temp _____
Rash With Still's disease, a pink or salmon-colored rash may show up around the same time as fever. It can help to take a picture of your rash(es) with your phone.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Itchy <input type="checkbox"/> Painful Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Itchy <input type="checkbox"/> Painful Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Itchy <input type="checkbox"/> Painful Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Itchy <input type="checkbox"/> Painful Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Itchy <input type="checkbox"/> Painful Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Itchy <input type="checkbox"/> Painful Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Itchy <input type="checkbox"/> Painful Where _____
Pain It helps to rate pain on a 0 to 10 scale with 0 being none at all and 10 being the worst.	Pain ____ / 10 Where _____	Pain ____ / 10 Where _____	Pain ____ / 10 Where _____	Pain ____ / 10 Where _____	Pain ____ / 10 Where _____	Pain ____ / 10 Where _____	Pain ____ / 10 Where _____
Swelling Inflammation from Still's disease can lead to painful swelling in your joints.	<input type="checkbox"/> Yes <input type="checkbox"/> No Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Where _____	<input type="checkbox"/> Yes <input type="checkbox"/> No Where _____
Notes Use this space to record additional information, such as other symptoms, the time of day symptoms occurred and when any of them went away, what activities you were or weren't able to do, and which medications you're taking.							



Tip: Depending on your health care system, you may be able to share your completed tracker(s) digitally in advance of appointments.

DISCLAIMER: This symptom tracker is not intended to offer medical advice or make a diagnosis. Only a doctor can determine what may be causing your symptoms. If you have questions or concerns, please talk to your doctor.

