

# How to Track Your Child's Symptoms

With conditions that affect the whole body, like Systemic Juvenile Idiopathic Arthritis (SJIA), it's important to keep track of all your child's symptoms. But this isn't always easy—especially since symptoms can change day to day and over time. The symptom tracker worksheets attached here can help keep track of everything your child is experiencing in one place. Bringing them to your child's next doctor's appointment can help you have more detailed and meaningful conversations about your child's health.

## Tips for working with your child to track symptoms

It may not always be easy for your child to put how they're feeling into words, especially if they are very young. Here are some suggestions to help you get started:

**ABC**  
**123**

### Keep it simple

Try to avoid overly complicated or technical terms. Instead of "joint pain," you can ask if it hurts when they walk or run, or are still. If possible, try to avoid leading questions as well. "When did it first start hurting?" will get a more accurate answer than "But it didn't hurt earlier in the day, right?"



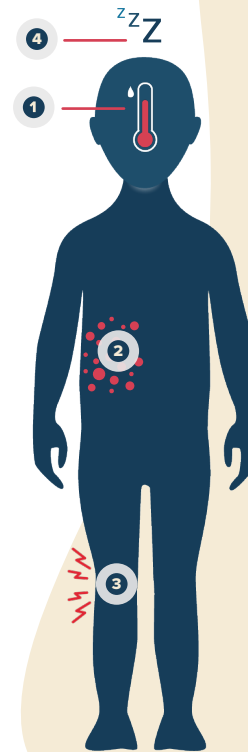
### Look for visual and nonverbal cues

Your child may not know which symptoms to look for or when to tell you if they aren't feeling well. But if you notice any signs that may indicate symptoms—such as walking with difficulty or being too tired to play—it will help guide your conversations.



### Find a system that works for both of you

The attached symptom tracker worksheets are a helpful tool for tracking symptoms. It can also help to take photos or notes on your phone in the moment. This can help you keep your child's tracking information accurate—and make it easier to share with the doctor during appointments.

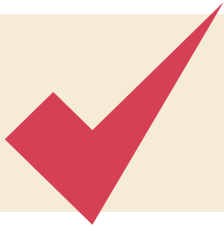


## Common symptoms:

These are just a few symptoms of SJIA, but there are other symptoms as well. They can vary from person to person, so it's important to track these. 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**

If you're new to tracking symptoms, take some time to think about everything your child has experienced and jot down some notes if that helps. There can be a pattern with when and how symptoms of SJIA appear. This can help you get started.



# 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 SJIA. Bring this tracker with you to your child's next doctor's appointment.

Week of \_\_\_\_\_ / \_\_\_\_\_

	MONDAY ____/____	TUESDAY ____/____	WEDNESDAY ____/____	THURSDAY ____/____	FRIDAY ____/____	SATURDAY ____/____	SUNDAY ____/____
SYMPTOMS							
<b>Fever</b> SJIA 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 _____
<b>Rash</b> Rash from SJIA may appear in the same place around the same time each day. With SJIA, rashes may appear as pink or salmon colored. 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 _____
<b>Pain</b> It can be hard to put pain into words so circle the emoji that best fits how your child is feeling.	Pain Where _____	Pain Where _____	Pain Where _____	Pain Where _____	Pain Where _____	Pain Where _____	Pain Where _____
<b>Swelling</b> Inflammation from SJIA can lead to painful swelling in their 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 _____
<b>Notes</b> 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 they were or weren't able to do, and which medications they're taking.							



**Tip:** Depending on your health care system, you may be able to share your child's 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 child's symptoms. If you have questions or concerns, please talk to your child's doctor.

