

Daily Eczema Tracking Sheet

Date: 5/3/25

Breakfast

Time: 7am Foods eaten: chia pudding + raisin toast

Lunch

Time: 11am Foods eaten: wrap w/ ham + spinach

Dinner

Time: 5pm Foods eaten: fried rice, roast sweet potato

Snacks

Time: 2pm Foods eaten: banana pancakes + butter

Environment

Room temperature: _____ Humidity level (if known): _____

Weather today: ☐ Sunny ☐ Rainy ☐ Humid ☐ Dry

Skin Status

Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

Skin Appearance

☐ Dry ☐ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: _____

☐ Any new Areas: _____

Bowel Movements

1) Time: 8am Consistency (see below): 5 Colour: brown
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No
Foamy? ☐ Yes ☒ No

2) Time: 9am Consistency (see below) : 3 Colour: brown
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No
 Foamy? ☐ Yes ☒ No

3) Time: _____ Consistency (see below) : _____ Colour: _____
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No
 Foamy? ☐ Yes ☐ No

Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

Additional Notes

New products used: _____

Activities today: _____

Other observations: _____

Questions for next appointment: _____

Weekly Review – Just Complete this at the end of each week

Best days this week: _____

Challenging days: _____

Patterns noticed: _____

♥ Remember: Every observation helps us understand your little one better!

Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

Daily Eczema Tracking Sheet

Date: 7/3/25

Breakfast

Time: 7am Foods eaten: chia pudding, banana pancakes
(egg, milk, butter)

Lunch

Time: 11am Foods eaten: egg on toast, ham cheese wrap

Dinner

Time: _____ Foods eaten: _____

Snacks

Time: 3pm Foods eaten: oats^w, milk + honey, watermelon, grapes, blueberries

Environment

Room temperature: 24°C Humidity level (if known): _____

Weather today: ☐ Sunny ☐ Rainy ☒ Humid ☐ Dry

Skin Status

Itchiness Level (circle)

None 1 2 - 3 - 4 - 5 Severe

Skin Appearance behind knees

☒ Dry ☒ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: _____

☐ Any new Areas: _____

Bowel Movements

1) Time: 1pm Consistency (see below): 3 Colour: brown
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No
Foamy? ☐ Yes ☒ No

Daily Eczema Tracking Sheet

Date: 8/3/25

Breakfast

Time: 8am Foods eaten: weetbix (milk + honey) + cheese stick

Lunch

Time: 11am Foods eaten: ham cheese tomato sandwich
grapes + watermelon

Dinner

Time: 8pm Foods eaten: bread + butter, chia pudding,
banana

Snacks

Time: 3pm Foods eaten: hot chips

Environment

Room temperature: _____ Humidity level (if known): _____

Weather today: ☒ Sunny ☒ Rainy ☒ Humid ☐ Dry

Skin Status

Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: _____

☐ Any new Areas: _____

Bowel Movements

1) Time: 2pm Consistency (see below): 5 Colour: brown
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No
Foamy? ☐ Yes ☒ No

Daily Eczema Tracking Sheet

Date: 9/3/25

Breakfast

Time: 7am Foods eaten: chia pudding + bread + toast (butter)

Lunch

Time: 11am Foods eaten: cheese sthey yoghurt, crackers,

Dinner

Time: 6pm Foods eaten: garlic bread, pasta (tomato + cream)

Snacks

Time: 3pm Foods eaten: 2pm-cup of milk
banana pancakes w/ butter + cinnamon

Environment

Room temperature: _____ Humidity level (if known): _____

Weather today: ☒ Sunny ☐ Rainy ☒ Humid ☐ Dry

Skin Status

Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: _____

☐ Any new Areas: _____

Bowel Movements

1) Time: 8am Consistency (see below): 4 Colour: black
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No
Foamy? ☐ Yes ☒ No

2) Time: 3pm Consistency (see below) : 5-6 Colour: brown
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No
 Foamy? ☐ Yes ☒ No

3) Time: _____ Consistency (see below) : _____ Colour: _____
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No
 Foamy? ☐ Yes ☐ No

Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

Additional Notes

New products used: _____

Activities today: playgroup

Other observations: _____

Questions for next appointment: _____

Weekly Review – Just Complete this at the end of each week

Best days this week: _____

Challenging days: _____

Patterns noticed: _____

♥ Remember: Every observation helps us understand your little one better!

Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
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- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

Daily Eczema Tracking Sheet

Date: 11/3/25

Breakfast

Time: 7am Foods eaten: chia pudding, toast, yoghurt

Lunch

Time: 12pm Foods eaten: 1 boiled egg, raspberries, strawberries, yoghurt

Dinner

Time: 6pm Foods eaten: lamb shoulder

Snacks

Time: 11am Foods eaten: cheese snack

Environment

Room temperature: 22°C Humidity level (if known): _____

Weather today: ☐ Sunny ☒ Rainy ☒ Humid ☐ Dry

Skin Status

Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: _____

☐ Any new Areas: _____

Bowel Movements

1) Time: 2pm Consistency (see below): 6 Colour: brown
Undigested food visible? ☒ Yes ☐ No Mucus present? ☐ Yes ☐ No
Foamy? ☐ Yes ☐ No

chia pudding

Daily Eczema Tracking Sheet

Date: 12/3/25

Breakfast

Time: 7am Foods eaten: rice bubbles + ravin toast w/ butter

Lunch

Time: 11am Foods eaten: banana pancakes, raspberries, grapes, yoghurt
cheese stick

Dinner

Time: 6pm Foods eaten: ^{1eb:} rice w/ butter, chicken schnitzel

Snacks

Time: 3pm Foods eaten: cheese stick, weetbix ^{7pm}

Environment

Room temperature: _____ Humidity level (if known): _____

Weather today: ☒ Sunny ☐ Rainy ☒ Humid ☐ Dry

Skin Status

Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: _____

☐ Any new Areas: _____

Bowel Movements — all type 4-5

1) Time: _____ Consistency (see below): _____ Colour: _____
Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No
Foamy? ☐ Yes ☐ No

Daily Eczema Tracking Sheet

Date: 13/3/25

Breakfast

Time: 7:30^{am} Foods eaten: rice bubbles w/ honey + milk

Lunch 10^{am} morning tea - omelette w/ cheese, lamb on leb-bread,
Time: 1 Foods eaten: greek yoghurt + raspberries

Dinner

Time: _____ Foods eaten: _____

Snacks

Time: 9am Foods eaten: banana yoghurt

Environment

Room temperature: 25°C Humidity level (if known): _____

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry

Skin Status

Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: _____

☐ Any new Areas: _____

Bowel Movements

1) Time: _____ Consistency (see below) : _____ Colour: _____
Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No
Foamy? ☐ Yes ☐ No

Daily Eczema Tracking Sheet

Date: 17/3/25

Breakfast

Time: 7:30am Foods eaten: chia pudding + ravin toast

Lunch 11am - ham butter on leb. bread, strawberries, yoghurt, cheese stick

Time: ↑ Foods eaten: _____

Dinner

Time: 5pm Foods eaten: chicken meatballs, boiled egg + grapes + roast potato + strawberries

Snacks

Time: 2pm Foods eaten: strawberry custard pouch + yoghurt pouch

Environment

Room temperature: 24°C Humidity level (if known): ✓

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry

windy

Skin Status

Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

Skin Appearance

☒ Dry ☒ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: _____

☐ Any new Areas: _____

Bowel Movements

1) Time: 3pm Consistency (see below): 4 Colour: ✓
Undigested food visible? ☒ Yes ☐ No Mucus present? ☐ Yes ☒ No
Foamy? ☐ Yes ☐ No

chia seeds