

Daily Eczema Tracking Sheet

Date: _____

Breakfast

Time: _____ Foods eaten: _____

Lunch

Time: _____ Foods eaten: _____

Dinner

Time: _____ Foods eaten: _____

Snacks

Time: _____ Foods eaten: _____

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

2) Time: _____ Consistency (see below) : _____ Colour: _____
 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