



## SYMPTOMS TRACKER Crohn's Disease

Date: \_\_\_\_\_

NUMBER OF BOWEL MOVEMENTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HOURS OF SLEEP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### *RATE THE FOLLOWING ON A SCALE OF 1 TO 7*

STOMACH PAIN RATING 1 = none at all; 7 = worst ever	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TIREDNESS 1 = none at all; 7 = extremely tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRESS LEVEL 1 = none at all; 7 = extremely stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GENERAL WELL BEING 1 = feel great; 7 = feel really bad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS:

Any interruption or delay of what you were doing today because of your UC?							
How many bowel movements did you have today?							
Was there soiling, bleeding or Diarrhea?							
Rate the level of cramping or pain (rate 1 (mild) to 3 (severe))							
Any other symptoms or issues you think may be related?							
How much stress did UC cause you today? Rate : 1 (mild) to 3 (severe)							

**WEEK IN REVIEW**

What activities were interrupted this week because of ulcerative colitis?

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On average, how many bowel movements did you have a day?

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Was this a particularly bad week? Or an average week?

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Are you still having a flare-up?

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General notes and observations:

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