

LUPUS SYMPTOM TRACKER

Use this tracker to notice patterns and help you describe changes to your healthcare team.

Name:		Week beginning:	
Usual medications / recent changes:			

Daily symptom check-in

Rate each symptom from **0 (none)** to **10 (worst/severe)**. Leave blank if it is not relevant to you.

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fatigue / low energy							
Joint pain							
Joint stiffness / swelling							
Muscle pain / weakness							
Headache							
Skin rash / skin changes							
Mouth or nose ulcers							
Hair loss / shedding							
Fever / feeling feverish							
Chest discomfort / breathlessness							
Brain fog / concentration							
Mood / emotional wellbeing							

Daily wellbeing

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep quality (0-10)							
Overall pain (0-10)							
Overall fatigue (0-10)							

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Record possible triggers, new symptoms and details you may want to discuss at your next appointment.

Possible triggers & daily factors

☐ Higher UV / sun exposure	☐ Poor sleep
☐ Unusual stress	☐ Infection / illness
☐ More physical activity than usual	☐ Medication missed / changed
☐ Menstrual / hormonal changes	☐ Other

Raynaud's / colour changes in fingers or toes

If this is relevant to you, note when it happened, how long it lasted and any trigger such as cold or stress. Typical colour changes can include **white/pale**, **blue/purple** and **red**. Not everyone experiences all colour phases.

Date / time	Colour change	Trigger / duration / notes

New or changing symptoms

Questions / notes for my healthcare team

Important: This tracker is not intended to diagnose a lupus flare or replace medical care. Seek medical advice for new, severe or concerning symptoms. For urgent or life-threatening symptoms, seek emergency medical care.

Lupus Foundation Australasia | lupusfoundationaustralasia.org
General educational resource. Your healthcare team can advise which symptoms and measurements are most useful for you to track.