

# Psoriatic arthritis (PsA) progress tracker sheet



Little wins in psoriatic disease start here

This is a conversation starter to be used when speaking to your doctor. It does not take the place of a medical assessment.

How are you feeling today?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
What's your mood like? ☺ ☹ ☹							
How painful are your PsA symptoms? ☺ ☹ ☹							
Where are your PsA symptoms?							
Has your PsA stopped you doing anything today? Y/N							
Did you have trouble sleeping last night because of your PsA? Y/N							
Have you used any PsA treatment today? Y/N							
Have you felt any side effects from your treatment today? Y/N							
If yes, what did you experience?							
Have you taken any other medicine today? Y/N							
If yes, what have you taken?							
Have you noticed anything that triggers your PsA symptoms? Y/N							
If yes, what do you think it was?							