

Flare log

One block per flare. A trigger only becomes believable when it shows up across several flares, so keep the comparison table at the bottom filled in.

NAME

CONDITION(S)

FUNCTION	0 Normal Usual day	1 Limited Dropped some activities	2 Housebound Home only	3 Bed-bound Mostly lying down
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FLARE 1

STARTED

PEAK DAY

ENDED

DAYS TOTAL

SYMPTOMS THIS FLARE	PEAK 0-3	DAYS

THE 48 HOURS BEFORE

☐ Poor sleep

☐ Physical exertion

☐ Mental exertion

☐ Stress

☐ Infection / cold

☐ Food or alcohol

☐ Weather / heat

☐ Hormonal cycle

☐ Medication change

☐ Travel

☐ Missed rest

☐ Other

FUNCTION AT PEAK

0 normal · 1 limited · 2 housebound · 3 bed-bound

WHAT HELPED

FLARE 2

STARTED

PEAK DAY

ENDED

DAYS TOTAL

SYMPTOMS THIS FLARE	PEAK 0-3	DAYS

THE 48 HOURS BEFORE

☐ Poor sleep

☐ Physical exertion

☐ Mental exertion

☐ Stress

☐ Infection / cold

☐ Food or alcohol

☐ Weather / heat

☐ Hormonal cycle

☐ Medication change

☐ Travel

☐ Missed rest

☐ Other

FUNCTION AT PEAK

0 normal · 1 limited · 2 housebound · 3 bed-bound

WHAT HELPED

COMPARE FLARES

#	STARTED	DAYS	PEAK	FUNCTION	MOST LIKELY CONTEXT (FROM THE 48 H BEFORE)	WHAT HELPED
1						
2						
3						
4						
5						