FLARE EPISODE LOG

Flare log

Juno

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

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						