

## Daily Eczema Tracking Sheet

Date: 18/2/25

### Breakfast

Time: 8am Foods eaten: Weetbix w/ full fat cow's milk + 1 piece ravin toast w/ butter

### Lunch

Time: 11:30am Foods eaten: Lebanese bredd w/ ham, butter, blueberries, yoghurt

### Dinner

Time: 5:30pm Foods eaten: rice, chicken broth, beef mince, onion, chicken, yoghurt

### Snacks

Time: 1:30pm Foods eaten: Spinach + cheese puff pastry oats w/ milk + honey

### Environment

Room temperature: 24 Humidity level (if known): \_\_\_\_\_

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None (1) - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☒ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 8am Consistency (see below): 4 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No

2) Time: 11:30am Consistency (see below) : 4 Colour: brown  
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time: 3pm Consistency (see below) : 6 Colour: brown  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No

4) 5:30pm Type 6-7 Foamy? ☐ Yes ☐ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: swimming lessons

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

### Weekly Review – Just Complete this at the end of each week

Best days this week: \_\_\_\_\_

Challenging days: \_\_\_\_\_

Patterns noticed: \_\_\_\_\_

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

## Daily Eczema Tracking Sheet

Date: 19/2/25

### Breakfast

9am  
+ chia pudding honey + full fat milk

Time: 8am Foods eaten: weetbix w/honey + full fat milk

### Lunch

Time: 12pm Foods eaten: cheese, 1 boiled egg, blueberries, strawberries

### Dinner

Time: \_\_\_\_\_ Foods eaten: \_\_\_\_\_

### Snacks

Time: 11am Foods eaten: 1 yoghurt pouch

### Environment

Room temperature: 24 Humidity level (if known): \_\_\_\_\_

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

(None) 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 7am Consistency (see below): 5-6 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No



2) Time: 5pm Consistency (see below) : 3 Colour: brown  
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: \_\_\_\_\_

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

**Weekly Review** – Just Complete this at the end of each week

Best days this week: \_\_\_\_\_

Challenging days: \_\_\_\_\_

Patterns noticed: \_\_\_\_\_

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

## Daily Eczema Tracking Sheet

Date: 20/2/25

### Breakfast

9am - mango yoghurt + cheese

Time: 7.30am Foods eaten: chia pudding (full fat milk)

### Lunch

Time: 12pm Foods eaten: bread + butter

### Dinner

Time: 6pm Foods eaten: kafta kebab + roast + potato

### Snacks

Time: 11am Foods eaten: 1 banana, raspberries

### Environment

Room temperature: 23°C Humidity level (if known): \_\_\_\_\_

Weather today: ☐ Sunny ☐ Rainy ☒ Humid ☐ Dry  
72%

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 8am Consistency (see below): 2-3 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No

2) Time: 4pm Consistency (see below) : 2 Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time: 6pm Consistency (see below) : 2 Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: \_\_\_\_\_

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

### Weekly Review – Just Complete this at the end of each week

Best days this week: \_\_\_\_\_

Challenging days: \_\_\_\_\_

Patterns noticed: \_\_\_\_\_

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment



## Daily Eczema Tracking Sheet

Date: 21/2/25

### Breakfast

Time: 7am Foods eaten: chia pudding (full fat milk)

### Lunch

Time: 12pm Foods eaten: pasta w/ bocconcini + grapes + strawberries

### Dinner

Time: 6pm Foods eaten: pesto pasta + sausages + chicken schnitzel

### Snacks

Time: 11am Foods eaten: 3pm sultana  
chicken sushi + 1 donut 8pm - banana

### Environment

Room temperature: 24°C Humidity level (if known): humid

Weather today: ☐ Sunny ☒ Rainy ☒ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: /

### Bowel Movements

1) Time: 8am Consistency (see below): 2 Colour: \_\_\_\_\_  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No

2) Time: 6pm Consistency (see below) : 2 Colour: brown  
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: playing in the rain

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

### Weekly Review – Just Complete this at the end of each week

Best days this week: \_\_\_\_\_

Challenging days: \_\_\_\_\_

Patterns noticed: \_\_\_\_\_

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment



## Daily Eczema Tracking Sheet

Date: 22/2/24

### Breakfast

Time: 8am Foods eaten: chia pudding

### Lunch

Time: 12pm Foods eaten: yoghurt, sushi, pasta, cheese stick, grapes

### Dinner

Time: 5pm Foods eaten: lebanese bread + bbq chicken  
7pm - weetbix + honey

### Snacks

Time: 11am Foods eaten: sultanas — more donuts

### Environment

Room temperature: 24° Humidity level (if known): \_\_\_\_\_

Weather today: ☒ Sunny ☒ Rainy ☐ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None (1) - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 7am Consistency (see below): 2 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No

2) Time: 5pm Consistency (see below) : 4-5 Colour:       
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time:      Consistency (see below) :      Colour:       
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used:     

Activities today: birthday party

Other observations:     

Questions for next appointment:     

### Weekly Review – Just Complete this at the end of each week

Best days this week:     

Challenging days:     

Patterns noticed:     

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

## Daily Eczema Tracking Sheet

Date: 23/2/25

### Breakfast

raspberries  
8.30am - weetbix + honey

Time: 8am Foods eaten: oat banana  
egg yoghurt pancakes w/ maple syrup

### Lunch

Time: 12pm Foods eaten: white fish + rice w/ butter

### Dinner

Time: 5pm Foods eaten: pasta w/ creamy sauce

### Snacks

Time: 3pm Foods eaten: banana

### Environment

Room temperature: 25° Humidity level (if known): ✓

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☒ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 7am Consistency (see below): 5 Colour: \_\_\_\_\_  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No



2) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No

3) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: \_\_\_\_\_

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

### Weekly Review – Just Complete this at the end of each week

Best days this week: Friday

Challenging days: /

Patterns noticed: maybe weetbix?

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

## Daily Eczema Tracking Sheet

Date: 24/2/25

### Breakfast

Time: 7am Foods eaten: chia pudding (full fat milk) + raven toast w/ butter

### Lunch

Time: 12pm Foods eaten: pasta + cheese puff pastry + grapes

### Dinner

Time: 5pm Foods eaten: leb. bread, steak, cheese, capsicum, onion

### Snacks

Time: 10am Foods eaten: boiled egg, cheese, raspberries + blueberries  
2pm - ice block

### Environment

Room temperature: 25° Humidity level (if known): /

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 7am Consistency (see below): 3 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No



2) Time: 4pm Consistency (see below) : 1-2 Colour: brown + blue  
 Undigested food visible? ☒ Yes ☐ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: \_\_\_\_\_

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

### Weekly Review – Just Complete this at the end of each week

Best days this week: \_\_\_\_\_

Challenging days: \_\_\_\_\_

Patterns noticed: \_\_\_\_\_

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment



## Daily Eczema Tracking Sheet

Date: 25/2/25

### Breakfast

Time: 7-8am Foods eaten: chia pudding, cheese stick, toast

### Lunch

Time: 12pm Foods eaten: pasta, cheese, carrot, strawberry + blueberry

### Dinner

Time: 6pm Foods eaten: chicken meatball, ~~rice, duck, prawn~~ orange sauce pasta (cream), garlic bread

### Snacks

Time: 3pm Foods eaten: choc chip pancakes w/ butter, apple

### Environment

Room temperature: 24°C Humidity level (if known): \_\_\_\_\_

Weather today: ☐ Sunny ☒ Rainy ☒ Humid ☐ Dry overcast

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☒ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 7am Consistency (see below): 1-2 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No

2) Time: 2pm Consistency (see below) : 6 Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time: 3.30pm Consistency (see below) : 3-4 Colour: \_\_\_\_\_  
 Undigested food visible? ☒ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Chia. Foamy? ☐ Yes ☒ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: Swimming

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

### Weekly Review – Just Complete this at the end of each week

Best days this week: \_\_\_\_\_

Challenging days: \_\_\_\_\_

Patterns noticed: \_\_\_\_\_

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

## Daily Eczema Tracking Sheet

Date: 26/2/25

### Breakfast

Time: 7am Foods eaten: weetbix w/ milk, cheese stick

### Lunch

Time: 12pm Foods eaten: pasta, strawberries, sultanas

### Dinner

Time: 6pm Foods eaten: rice, duck, prawn

### Snacks

Time: 3pm Foods eaten: pancakes w/ butter, yoghurt, cup of milk

### Environment

Room temperature: not 25° Humidity level (if known): —

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☐ Dry ☒ Red ☐ Weeping ☐ Crusty ☐ Normal  
behind knees

☐ Other: — ☐ Any new Areas: —

### Bowel Movements

1) Time: 8am Consistency (see below): 2-3 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No



2) Time: 3pm Consistency (see below) : 5-6 Colour: brown  
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: park

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

### Weekly Review – Just Complete this at the end of each week

Best days this week: \_\_\_\_\_

Challenging days: \_\_\_\_\_

Patterns noticed: \_\_\_\_\_

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

## Daily Eczema Tracking Sheet

Date: 27/2/25

### Breakfast

Time: 7:30am Foods eaten: weetbix fullfat milk + honey, 2 boiled eggs

### Lunch

Time: 12pm Foods eaten: pasta, lb. bread w/ omelette, blueberries

### Dinner

Time: 5pm Foods eaten: rice, bolognese

### Snacks

Time: 10am Foods eaten: grapes, strawberries, cheese  
3pm - chia pudding

+ custard  
4pm - choc pouch  
muffin

7pm - pear,  
1/2 green plum

### Environment

Room temperature: 25°C Humidity level (if known): /

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☒ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 8am Consistency (see below): 4 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No

## Daily Eczema Tracking Sheet

Date: 28/2/25

### Breakfast

Time: 7am Foods eaten: weetbix w/ full fat milk + ravin toast

**Lunch** 11am - babycino

Time: 1pm Foods eaten: lebbread w/ ham + cheese, pasta, raspberries

### Dinner

Time: 6.30pm Foods eaten: sauwage potato + sweet pot, haloumi cheese

### Snacks

Time: 3pm Foods eaten: banana, ice cream

### Environment

Room temperature: 26° Humidity level (if known): \_\_\_\_\_

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry  
hot  
35°C

### Skin Status

#### Itchiness Level (circle)

(None) 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☒ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 7am Consistency (see below): 4 Colour: brown  
Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
Foamy? ☐ Yes ☒ No



2) Time: 11am Consistency (see below) : 4 Colour: brown  
 Undigested food visible? ☐ Yes ☒ No Mucus present? ☐ Yes ☒ No  
 Foamy? ☐ Yes ☒ No

3) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No

### Bowel Movement Consistency Types (choose 1)

Type 1 = Separate hard lumps (like nuts)	Type 2 = Sausage-shaped but lumpy	Type 3 = Like a sausage but with cracks
Type 4 = Like a smooth, soft sausage - optimal	Type 5 = Soft blobs with clear-cut edges	Type 6 = Fluffy pieces with ragged edges
Type 7: Entirely liquid		

### Additional Notes

New products used: \_\_\_\_\_

Activities today: beach / swimming, sand etc.

Other observations: \_\_\_\_\_

Questions for next appointment: \_\_\_\_\_

### Weekly Review – Just Complete this at the end of each week

Best days this week: \_\_\_\_\_

Challenging days: \_\_\_\_\_

Patterns noticed: \_\_\_\_\_

♥ Remember: Every observation helps us understand your little one better!

### Tips for Using This Tracker:

- Fill out as much as you can, but don't worry about completing every section
- Note anything unusual or different about the day
- Take photos of severe flare-ups to share at appointments
- Look for patterns over time rather than day-to-day changes
- Send this tracker to me before our next appointment

## Daily Eczema Tracking Sheet

Date: 1/3/25

### Breakfast

Time: 7am Foods eaten: weetbix 4/ full fat milk, raspberries

### Lunch

Time: 11am Foods eaten: noodles

### Dinner

Time: 6pm Foods eaten: rice w/ butter, corn, capsicum, onion, cheese,

### Snacks

Time: 10am Foods eaten: cheese stick, yoghurt pouch 2 baked eggs

### Environment

Room temperature: 25°C Humidity level (if known): /

Weather today: ☒ Sunny ☐ Rainy ☐ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements — all type 4

1) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_

Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No

Foamy? ☐ Yes ☐ No

## Daily Eczema Tracking Sheet

Date: 2/3/25

### Breakfast

Time: 8am Foods eaten: chia pudding (fullfat milk) <sup>rain</sup> toast <sup>1/2</sup> butter

### Lunch

Time: 11am Foods eaten: hot chips + chicken tenders

### Dinner

Time: 5pm Foods eaten: rice, strawberries, beef burger w/ pasta <sup>cheese</sup>

### Snacks

Time: 3pm Foods eaten: leb. bread w/ ham

### Environment

Room temperature: 24°C Humidity level (if known): \_\_\_\_\_

Weather today: ☐ Sunny ☐ Rainy ☒ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 2 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☒ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements - all type 4

1) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_  
 Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
 Foamy? ☐ Yes ☐ No



## Daily Eczema Tracking Sheet

Date: 3/3/25

### Breakfast

Time: 8am Foods eaten: Weetbix + full fat milk

### Lunch

Time: \_\_\_\_\_ Foods eaten: \_\_\_\_\_

### Dinner

Time: \_\_\_\_\_ Foods eaten: \_\_\_\_\_

### Snacks

Time: 6pm Foods eaten: chicken schnitz. + potato + kibbeh (wheat)

### Environment

Room temperature: \_\_\_\_\_ Humidity level (if known): \_\_\_\_\_

Weather today: ☐ Sunny ☐ Rainy ☐ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☐ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: \_\_\_\_\_ Consistency (see below) : \_\_\_\_\_ Colour: \_\_\_\_\_

Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No

Foamy? ☐ Yes ☐ No

## Daily Eczema Tracking Sheet

Date: 4/3/25

### Breakfast

Time: 7am Foods eaten: Weetbix + full fat milk

### Lunch

Time: 11am Foods eaten: cheese pizza

### Dinner

Time: 5pm Foods eaten: faroulakia (green beans, meat, tomato sauce) + rice w/butter

### Snacks

Time: \_\_\_\_\_ Foods eaten: ~~Van~~ custard pouch + rice thin

### Environment

Room temperature: 24° Humidity level (if known): \_\_\_\_\_

Weather today: ☒ Sunny ☒ Rainy ☒ Humid ☐ Dry

### Skin Status

#### Itchiness Level (circle)

None 1 - 2 - 3 - 4 - 5 Severe

#### Skin Appearance

☒ Dry ☒ Red ☐ Weeping ☐ Crusty ☐ Normal

☐ Other: \_\_\_\_\_

☐ Any new Areas: \_\_\_\_\_

### Bowel Movements

1) Time: 8am Consistency (see below): 6-7 Colour: brown  
Undigested food visible? ☐ Yes ☐ No Mucus present? ☐ Yes ☐ No  
Foamy? ☐ Yes ☐ No