Flare-Up Daily Log

Write down your symptoms each day for a week. Patterns are easier to spot, and you will have clear notes to share with your GP, physiotherapist or rheumatology team.

Flare started (date): _____ **Main joints affected:** _____

Day / date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pain (0-10)							
Morning stiffness (minutes)							
Fatigue (0-10)							
Swollen or hot joints							
Sleep (hours / quality)							
Activity (what you did)							
Medicines taken (name, dose, time)							
Today feels better / same / worse							
Notes							

What may have triggered this flare: _____

What seemed to help: _____

Get urgent help

Urgent GP appointment or NHS 111: if a joint becomes hot, red and swollen, or you have joint pain and feel feverish, hot, cold or shivery.

Call 999 or go to A&E: if you cannot walk or put weight on a joint, you have new weakness or numbness in both legs, or you lose control of your bladder or bowels or have numbness around your genitals or bottom.

Not sure? Call NHS 111 or use 111 online.

A personal record for you and your clinical team - you choose what to write and what to share. Nothing on this sheet is sent anywhere. Living With Arthritis provides educational information for people in the UK; it is not a diagnosis or personal medical advice. For urgent advice use NHS 111. In an emergency call 999.