

Psoriatic Arthritis (PsA) Progress Tracker Sheet

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

How are you feeling today?	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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	Y N	Y N	Y N	Y N	Y N	Y N
Did you have trouble sleeping last night because of your PsA?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Have you used any PsA treatment today?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Have you felt any side effects from your treatment today?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
If yes, what did you experience?							
Have you taken any other medicine today?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
If yes, what have you taken?							
Have you noticed anything that you think triggers your PsA symptoms?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
If yes, what do you think it was?							