

In order to give you the best treatment possible, it is important that your doctor knows how you have been feeling in recent times between appointments. You can use this tracker to keep a written record of your symptoms and general wellbeing on a regular basis. Filling this out weekly might suit you.

*This useful tool may also help if you have been experiencing joint pain that you think might be RA but you have not been diagnosed yet.*

To use the tracker, put the date on the top, and record how you feel from a scale of one to 10. When you are finished print it out and bring it with you to your next doctor's appointment.

## Overall Health

1. In general, how would you rate your health this week?

1      2      3      4      5      6      7      8      9      10

Very poor

Excellent

2. How would you rate the pain in your joints?

1      2      3      4      5      6      7      8      9      10

A lot of pain

No Pain

3. How would you rate your general energy level?

1      2      3      4      5      6      7      8      9      10

No energy

Full of energy

4. How would you rate your emotional state?

1      2      3      4      5      6      7      8      9      10

Very unhappy

Extremely happy

5. Do you feel worse or better than when you first experienced symptoms of RA (if you have been diagnosed)?

1      2      3      4      5      6      7      8      9      10

Much worse

About the same

Much better

## Daily Activities

1. Walk up and down the stairs

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

2. Wash and dry your entire body

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

3. Open doors or turn your taps on and off

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

4. Walk to the end of your street and back

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

5. Get a good night's sleep

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

6. Get out of bed in the morning

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

7. Tie shoelaces, button a shirt, buckel a belt

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

8. Get in and out of a car or bus

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

9. Cook a meal

1   2   3   4   5   6   7   8   9   10

Completely unable

Completely able

If you have already been diagnosed with RA, do you feel that your symptoms have made you less able to participate in family or social activities?

Yes  No

Do you feel that your RA symptoms have made you less able to complete daily tasks?

Yes  No

Having completed all the questions, please print your record out and bring it with you to your next doctor's appointment.

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