



## Symptom Tracker Calendar

Tracking your symptoms each day can provide a clear picture to your doctor of your experience with CSU. Take the time each day to rate your symptoms using the scale provided below the calendar to track itch intensity/severity as well as hive size and shape. You can also add notes about your symptoms (e.g., location and size). When you have your appointment, you can let your doctor know that day's rating—and provide details on your CSU symptoms that day.

DATE \_\_\_\_\_

Su	Mo	Tu	We	Th	Fr	Sa
Itch Severity: Number of Hives: Notes:						
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### Itch Severity

- 0 = none
- 1 = mild
- 2 = moderate
- 3 = severe

### Number of Hives

- 0 = none
- 1 = 1 to 6 hives
- 2 = 7 to 12 hives
- 3 = greater than 12 hives