informedhealthonline
INDEPENDENT, OBJECTIVE AND EVIDENCE-BASED

Rosacea diary

This diary is intended to help you find out what may be triggering your rosacea outbreaks. You can print out and fill in one sheet per day.

Date	
How would you describe the weather conditions your skin was exposed to today?	☐ Sunny ☐ Hot ☐ Cold ☐ Damp ☐ Windy
What kind of food and drinks did you have today?	☐ Spicy food Details _____ _____ ☐ Alcohol Details _____ _____ ☐ Hot drinks Details _____ _____ ☐ Other Details _____ _____
What did you do/experience today?	☐ Stress and excitement Details _____ ☐ Exertion and exercise Details _____ ☐ Hot bath/shower/sauna Details _____ ☐ Warm room temperature Details _____ ☐ Other Details _____
What cosmetic products did you use on your face today?	_____ _____ _____ _____ _____ _____
Did you use your medication today?	☐ No ☐ Yes If yes, what medication? _____
How severe is your rosacea today?	☐ No symptoms ☐ Mild outbreak ☐ Severe outbreak ☐ Getting better ☐ No change ☐ Getting worse