

PsA SYMPTOM TRACKER

Tracking your psoriatic arthritis (PsA) symptoms can be a helpful way to see how they're progressing and being aware of how your PsA affects you is the first step to managing your condition well. By answering the questions below, you can use your responses as a helpful resource when speaking with your doctor about how you're feeling and the symptoms that you're experiencing.

YOUR PSORIATIC ARTHRITIS HISTORY

How long have you been experiencing symptoms?

- Less than 1 year 1-2 years 3-4 years 5 years or more

Are you currently receiving treatment for psoriatic arthritis?

- Yes No

If you're currently receiving treatment, are your symptoms being sufficiently addressed?

- Yes No Somewhat

If you're currently receiving treatment, how long have you been on treatment?

- Less than 1 year 1-2 years 3-4 years 5 years or more

YOUR SYMPTOMS

Now let's focus on your PsA Symptoms.

Over the past month, have you experienced any of the following symptoms?

- Throbbing in one or more joints Swelling in one or more joints Swollen fingers, toes, knees, or heels Tenderness in one or more joints
- Pitted, crumbling nails Fatigue Pain in one or more joints

Below, check the areas of your body where you think you may be experiencing psoriatic arthritis symptoms.

-  Fingers  Toes  Knees  Heels  Arms  Neck  Back

Select any or all activities below that may be limited by your symptoms.

- Getting in and out of bed
- Getting dressed
- Getting in and out of the car
- Carrying groceries
- Cooking
- Light exercise

Do your symptoms stop you from participating in everyday activities?

- Not at all
- Often
- Sometimes
- All the time

Do your symptoms cause you to withdraw from physical activities?

- Not at all
- Often
- Sometimes
- All the time

Select any or all factors below that may trigger a flare-up or worsen symptoms.

- Stress
- Diet
- Drug interactions
- Cold and dry weather
- Illness
- Alcohol
- Cigarette smoke
- Skin trauma (e.g., bruises, cuts, sunburn, etc.)

How often have you experienced flare-ups?

- Rarely
- Sometimes
- Often
- All the time

NOTES SECTION



Use the below section to write out any other notes you'd like to highlight about your current experience with psoriatic arthritis.

Be sure to bring this tracker with you the next time you meet with your doctor to help make for a more open and supportive conversation.
