



Lupus Symptom Tracker

Print out this table and use it to make notes to take to your doctor. Put a check mark beside the symptoms you have. Note when you have them.

Symptom	✓	Where?	When did you first notice?	How often?	Recent dates?
Example: rash	✓	face and chest	2 years ago	Once or twice a month	9/17, 10/8, 10/23, 11/15
Red rash or color change					
Painful or swollen joints					
Fever with no known cause					
Feeling very tired					
Trouble thinking, memory problems, confusion					
Chest pain with deep breathing					
Sensitivity to the sun					
Unusual hair loss					
Pale or purple fingers or toes					
Sores in mouth or nose					
Other					

Adapted from National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS).