the allergy shop

1. Print out the Trigger Tracker.
2. Write down when reactions occur. This will help you work out the cause of your eczema so you can avoid triggers in the future. Reactions could occur as a result of foods, alcohol, dust mites, soaps/detergents/perfumes/cosmetics/creams, pets, pollens, mould, clothing fabrics, rapid changes in temperature, sweating, tobacco smoke. Also note if you are feeling stressed, as stress can be a trigger.
3. Rate your symptoms; 1 = feeling fine 2 = mild 3 = moderate 4 = bad 5 = very bad.

trigger tracker

DATE	TIME	ACTIVITY/FOODS	SYMPTOMS
		Stress levels: 1 2 3 4 5	Rating: 1 2 3 4 5
		Stress levels: 1 2 3 4 5	Rating: 1 2 3 4 5
		Stress levels: 1 2 3 4 5	Rating: 1 2 3 4 5
		Stress levels: 1 2 3 4 5	Rating: 1 2 3 4 5
		Stress levels: 1 2 3 4 5	Rating: 1 2 3 4 5
		Stress levels: 1 2 3 4 5	Rating: 1 2 3 4 5
		Stress levels: 1 2 3 4 5	Rating: 1 2 3 4 5