

# Psoriasis (Pso) progress tracker sheet

This is a conversation starter to be used when speaking to your doctor. It is not a medically validated tool and does not take the place of a medical assessment.

How are you feeling today?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
What's your mood like? ☺ ☹ ☹							
How painful are your Pso symptoms? ☺ ☹ ☹							
What percentage of your body surface covered with Pso lesions? <b>1 hand = 1%</b> <sup>1</sup>							
Has your Pso stopped you doing anything today? <b>Y/N</b>							
Did you have trouble sleeping last night because of your Pso? <b>Y/N</b>							
Have you used any Pso treatment today? <b>Y/N</b>							
Have you felt any side effects from your treatment today? <b>Y/N</b>							
If yes, what did you experience?							
Have you taken any other medicine today? <b>Y/N</b>							
If yes, what have you taken?							
Have you noticed anything that you think triggers your Pso symptoms? <b>Y/N</b>							
If yes, what do you think it was?							

1. Psoriasis Speaks. Psoriasis Severity And Location. Available at: <https://www.psoriasis.com/about-psoriasis/psoriasis-severity>. Accessed May 2023.