



Gout and Lifestyle Diary

Keep track of your symptoms, their duration, impact on quality of life and potential triggers. Bring this diary to your doctor's appointment. It will be helpful in tracking the progress of your treatment and determining adjustments to medication and lifestyle to help you manage the disease.

What to Record	Questions	Date	Date	Date	Date	Date	Date	Date
Symptoms	What joints in your body are affected? Was the area hot, red and/or swollen? Did you experience fever, achiness or a loss of appetite?							
Duration	How long did the symptoms last?							
Impact	Did the pain wake you from sleep? Were you unable to go to work?							
Potential Triggers	What did you eat and drink in the last 24 hours that may have triggered a flare? In what quantity?							

For more information about lifestyle modifications for patients with gout, visit www.gouteducation.org.