Weekly Rosacea Diary

The rosacea diary helps you track rosacea symptoms and identify your personal triggers. Use the diary at the end of each day for at least 2 weeks, or for several days during a rosacea flare. It is important to record your use of rosacea medications. **Following your rosacea treatment plan is one of the most important steps for keeping your rosacea under control.**

Date	**Severity** On a scale of 0-5, rate the status of your rosacea 0 = no flare 1 = mild flare 2 = mild-to-moderate flare 3 = moderate flare 4 = moderate-to-severe flare 5 = severe flare	**Possible aggravating factors** • Environment (Sun exposure? Windy? Humid?) • Emotional stress? • Food and drink (Alcohol? Spicy Foods? Hot liquids?) • Heat: (Heavy exercise? Hot bath/shower? Indoor heat?) • Skin care products on face? • Other?	**Take medication for rosacea today as prescribed?**

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