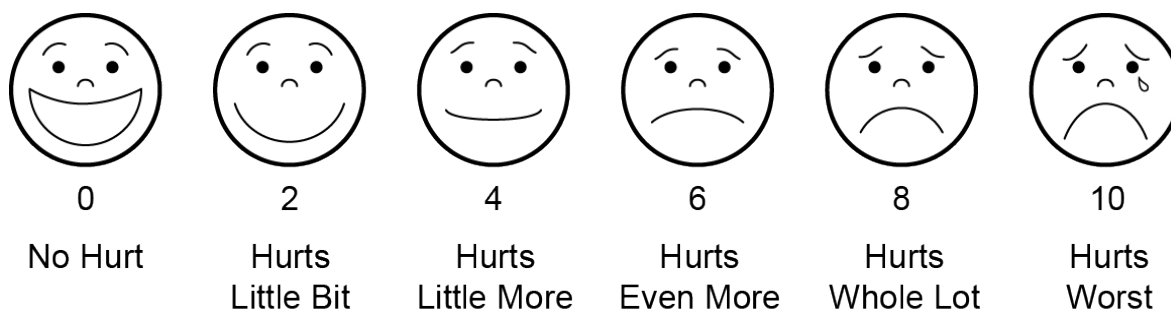


**Carefully charting your symptoms of rheumatoid arthritis (RA) is important. It can help you better remember how you have felt over the weeks since your last appointment. This makes communicating with your doctor easier and more accurate.**

### Daily Diary

A simple way to chart your symptoms might be to keep a daily diary. This can track how you feel overall and specific symptoms such as pain, stiffness, and fatigue. An easy way to chart your symptoms is to use a scale of 1 to 10, where 1 is no pain and 10 is the worst pain. All you need is a pencil and a daily diary.



Wong DL, Baker CM. *Pediatr Nurs*. 1988;14:9-17.

### There's an App for That

If you're more interested in trying what technology has to offer, several good gadgets are available.

### Track and React

The Arthritis Foundation has developed an online way for you to chart your symptoms as well as several other areas that are important to your overall health if you have RA. You can use this on your computer or on your smartphone. It tracks several important categories:

- Your symptoms
- Your medications
- Your nutrition
- Your fitness
- Your sleep
- Your general mood

## Charting Your Symptoms of Rheumatoid Arthritis

This website is free and easy to use, with sliding bars that allow you to enter exact amounts. For example, here is the area where you would enter your levels of stiffness and fatigue, which are common symptoms of RA.

Before seeing your doctor, you can print out a useful graph to share.

**Stiffness**  
 My stiffness level today  
 (0 is "none" and 10 is "worst possible")  
 N/A\* 0 1 2 3 4 5 6 7 8 9 10

**Fatigue**  
 My fatigue level today  
 (0 is "none" and 10 is "worst possible")  
 N/A\* 0 1 2 3 4 5 6 7 8 9 10

## RheumaTrack®

The mobile app called RheumaTrack allows you to record your RA symptoms and other things important to your overall health:

- Your pain
- Your ability to do simple daily tasks
- Your medications
- Your morning stiffness
- Your activities
- Reminders to take your medicine or go to your appointment
- Any illnesses
- An inability to go to work

< Back
Pain value (VAS)
Done

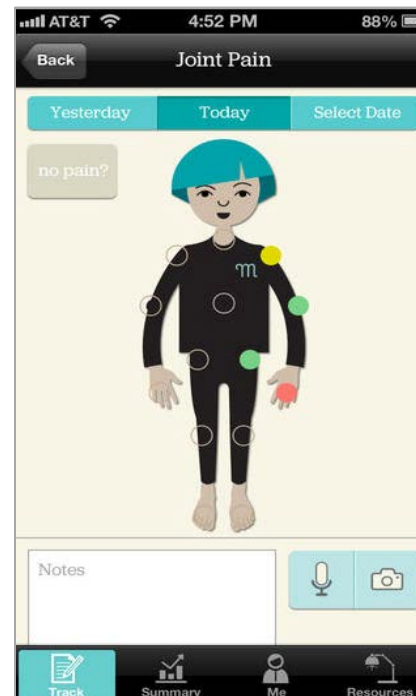
Reference your personal pain experience with the pain value.  
  
 Please indicate your level of pain sensation from 0-100.  
  
  
 35  
  
 The pain scale ranging is based on the visual analog scale (VAS).  
[More information](#)

This app is free and easy to use. You can print or email your chart to your doctor before your appointment. The scale for charting your level of pain is 1 to 100, with 1 being pain-free and 100 the worst pain.

### My RA®

My RA is a useful mobile app that allows you to track several factors important to your health:

- Your overall health
- Your pain
- Your morning stiffness
- Your fatigue
- Your medications
- Your ability to do simple daily tasks
- Your lab test results



This free app provides a visual summary report of your symptoms and other disease-related details so you and your doctor can see how you're doing and how things have changed since your last appointment.

