

# ULCERATIVE COLITIS SYMPTOM TRACKER

Help your doctor understand your condition.

Use this daily record to track your ulcerative colitis (UC) symptoms. In good times and bad. Really pay attention to your symptoms and how they make you feel. Share this tracker with your doctor at your next visit. It will help your doctor better understand what you're going through.

## THE QUESTIONS TO ASK YOURSELF

DAY01

DAY02

DAY03

DAY04

DAY05

DAY06

DAY07

Any interruption or delay of what you were doing today because of your UC?

How many bowel movements did you have today?

Was there soiling, bleeding, or diarrhea?

Rate the level of cramping or pain.  
*Rate: 1 (mild) to 3 (severe)*

Any other symptoms or issues you think may be related?

How much stress did UC cause you today?  
*Rate: 1 (mild) to 3 (severe)*

