## Rosacea diary

This diary is intended to help you find out what may be triggering your rosacea outbreaks. You can print out and fill in one sheet per day.

<table>
<thead>
<tr>
<th>Date</th>
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### How would you describe the weather conditions your skin was exposed to today?

- Sunny
- Hot
- Cold
- Damp
- Windy

### What kind of food and drinks did you have today?

- Spicy food
- Alcohol
- Hot drinks
- Other

Details: ___________________  ___________________  ___________________  ___________________

### What did you do/experience today?

- Stress and excitement
- Exertion and exercise
- Hot bath/shower/sauna
- Warm room temperature
- Other

Details: ____________________________________________  ____________________________________________

### What cosmetic products did you use on your face today?

- ________________  ________________  ________________  ________________

### Did you use your medication today?

- No
- Yes

If yes, what medication? ________________________________

### How severe is your rosacea today?

- No symptoms
- Mild outbreak
- No change
- Severe outbreak
- Getting worse

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