

5 Day RA Symptom Tracker

Each day, circle a number in each row and check any symptoms present. After 5 days, visit JointVenturesRA.com/symptom-score to calculate your score and get personalized next steps.

	Day 1 Date: _____	Day 2 Date: _____	Day 3 Date: _____	Day 4 Date: _____	Day 5 Date: _____
ZZZ Sleep	Hours Slept (< 6 7-8 > 8) Sleep Quality RESTED (10-9-8-7-6-5-4-3-2-1) EXHAUSTED (10-9-8-7-6-5-4-3-2-1)	Hours Slept (< 6 7-8 > 8) Sleep Quality RESTED (10-9-8-7-6-5-4-3-2-1) EXHAUSTED (10-9-8-7-6-5-4-3-2-1)	Hours Slept (< 6 7-8 > 8) Sleep Quality RESTED (10-9-8-7-6-5-4-3-2-1) EXHAUSTED (10-9-8-7-6-5-4-3-2-1)	Hours Slept (< 6 7-8 > 8) Sleep Quality RESTED (10-9-8-7-6-5-4-3-2-1) EXHAUSTED (10-9-8-7-6-5-4-3-2-1)	Hours Slept (< 6 7-8 > 8) Sleep Quality RESTED (10-9-8-7-6-5-4-3-2-1) EXHAUSTED (10-9-8-7-6-5-4-3-2-1)
ENRGY Energy	SUPER-CHARGED (10-9-8-7-6-5-4-3-2-1) EXTREME FATIGUE (10-9-8-7-6-5-4-3-2-1)	SUPER-CHARGED (10-9-8-7-6-5-4-3-2-1) EXTREME FATIGUE (10-9-8-7-6-5-4-3-2-1)	SUPER-CHARGED (10-9-8-7-6-5-4-3-2-1) EXTREME FATIGUE (10-9-8-7-6-5-4-3-2-1)	SUPER-CHARGED (10-9-8-7-6-5-4-3-2-1) EXTREME FATIGUE (10-9-8-7-6-5-4-3-2-1)	SUPER-CHARGED (10-9-8-7-6-5-4-3-2-1) EXTREME FATIGUE (10-9-8-7-6-5-4-3-2-1)
MOOD Mood	ECSTATIC (10-9-8-7-6-5-4-3-2-1) DEPRESSED (10-9-8-7-6-5-4-3-2-1)	ECSTATIC (10-9-8-7-6-5-4-3-2-1) DEPRESSED (10-9-8-7-6-5-4-3-2-1)	ECSTATIC (10-9-8-7-6-5-4-3-2-1) DEPRESSED (10-9-8-7-6-5-4-3-2-1)	ECSTATIC (10-9-8-7-6-5-4-3-2-1) DEPRESSED (10-9-8-7-6-5-4-3-2-1)	ECSTATIC (10-9-8-7-6-5-4-3-2-1) DEPRESSED (10-9-8-7-6-5-4-3-2-1)
PAIN Pain & Stiffness	Morning Stiffness (<30m 30-60m 1-2h >2h) Overall Pain NONE (10-9-8-7-6-5-4-3-2-1) SEVERE (10-9-8-7-6-5-4-3-2-1)	Morning Stiffness (<30m 30-60m 1-2h >2h) Overall Pain NONE (10-9-8-7-6-5-4-3-2-1) SEVERE (10-9-8-7-6-5-4-3-2-1)	Morning Stiffness (<30m 30-60m 1-2h >2h) Overall Pain NONE (10-9-8-7-6-5-4-3-2-1) SEVERE (10-9-8-7-6-5-4-3-2-1)	Morning Stiffness (<30m 30-60m 1-2h >2h) Overall Pain NONE (10-9-8-7-6-5-4-3-2-1) SEVERE (10-9-8-7-6-5-4-3-2-1)	Morning Stiffness (<30m 30-60m 1-2h >2h) Overall Pain NONE (10-9-8-7-6-5-4-3-2-1) SEVERE (10-9-8-7-6-5-4-3-2-1)
SYM Symptoms	Check all present Severity: 1=mild 3=severe <input type="checkbox"/> Joint Pain (1 2 3) <input type="checkbox"/> Stiffness (1 2 3) <input type="checkbox"/> Swelling (1 2 3) <input type="checkbox"/> Fatigue (1 2 3) <input type="checkbox"/> Brain Fog (1 2 3) <input type="checkbox"/> Nausea (1 2 3)	Check all present Severity: 1=mild 3=severe <input type="checkbox"/> Joint Pain (1 2 3) <input type="checkbox"/> Stiffness (1 2 3) <input type="checkbox"/> Swelling (1 2 3) <input type="checkbox"/> Fatigue (1 2 3) <input type="checkbox"/> Brain Fog (1 2 3) <input type="checkbox"/> Nausea (1 2 3)	Check all present Severity: 1=mild 3=severe <input type="checkbox"/> Joint Pain (1 2 3) <input type="checkbox"/> Stiffness (1 2 3) <input type="checkbox"/> Swelling (1 2 3) <input type="checkbox"/> Fatigue (1 2 3) <input type="checkbox"/> Brain Fog (1 2 3) <input type="checkbox"/> Nausea (1 2 3)	Check all present Severity: 1=mild 3=severe <input type="checkbox"/> Joint Pain (1 2 3) <input type="checkbox"/> Stiffness (1 2 3) <input type="checkbox"/> Swelling (1 2 3) <input type="checkbox"/> Fatigue (1 2 3) <input type="checkbox"/> Brain Fog (1 2 3) <input type="checkbox"/> Nausea (1 2 3)	Check all present Severity: 1=mild 3=severe <input type="checkbox"/> Joint Pain (1 2 3) <input type="checkbox"/> Stiffness (1 2 3) <input type="checkbox"/> Swelling (1 2 3) <input type="checkbox"/> Fatigue (1 2 3) <input type="checkbox"/> Brain Fog (1 2 3) <input type="checkbox"/> Nausea (1 2 3)
STRSS Stress	CALM (10-9-8-7-6-5-4-3-2-1) HIGH STRESS (10-9-8-7-6-5-4-3-2-1)	CALM (10-9-8-7-6-5-4-3-2-1) HIGH STRESS (10-9-8-7-6-5-4-3-2-1)	CALM (10-9-8-7-6-5-4-3-2-1) HIGH STRESS (10-9-8-7-6-5-4-3-2-1)	CALM (10-9-8-7-6-5-4-3-2-1) HIGH STRESS (10-9-8-7-6-5-4-3-2-1)	CALM (10-9-8-7-6-5-4-3-2-1) HIGH STRESS (10-9-8-7-6-5-4-3-2-1)
NUT Nutrition	AMAZING (10-9-8-7-6-5-4-3-2-1) POOR (10-9-8-7-6-5-4-3-2-1)	AMAZING (10-9-8-7-6-5-4-3-2-1) POOR (10-9-8-7-6-5-4-3-2-1)	AMAZING (10-9-8-7-6-5-4-3-2-1) POOR (10-9-8-7-6-5-4-3-2-1)	AMAZING (10-9-8-7-6-5-4-3-2-1) POOR (10-9-8-7-6-5-4-3-2-1)	AMAZING (10-9-8-7-6-5-4-3-2-1) POOR (10-9-8-7-6-5-4-3-2-1)
H2O Hydration	WELL HYDRATED (10-9-8-7-6-5-4-3-2-1) PARCHED (10-9-8-7-6-5-4-3-2-1)	WELL HYDRATED (10-9-8-7-6-5-4-3-2-1) PARCHED (10-9-8-7-6-5-4-3-2-1)	WELL HYDRATED (10-9-8-7-6-5-4-3-2-1) PARCHED (10-9-8-7-6-5-4-3-2-1)	WELL HYDRATED (10-9-8-7-6-5-4-3-2-1) PARCHED (10-9-8-7-6-5-4-3-2-1)	WELL HYDRATED (10-9-8-7-6-5-4-3-2-1) PARCHED (10-9-8-7-6-5-4-3-2-1)
MED Medication	<input type="checkbox"/> Routine meds taken <input type="checkbox"/> Meds for symptoms <input type="checkbox"/> Dose adjusted / new med <input type="checkbox"/> No meds today	<input type="checkbox"/> Routine meds taken <input type="checkbox"/> Meds for symptoms <input type="checkbox"/> Dose adjusted / new med <input type="checkbox"/> No meds today	<input type="checkbox"/> Routine meds taken <input type="checkbox"/> Meds for symptoms <input type="checkbox"/> Dose adjusted / new med <input type="checkbox"/> No meds today	<input type="checkbox"/> Routine meds taken <input type="checkbox"/> Meds for symptoms <input type="checkbox"/> Dose adjusted / new med <input type="checkbox"/> No meds today	<input type="checkbox"/> Routine meds taken <input type="checkbox"/> Meds for symptoms <input type="checkbox"/> Dose adjusted / new med <input type="checkbox"/> No meds today
MOV Movement	VIGOROUS (10-9-8-7-6-5-4-3-2-1) SEDENTARY (10-9-8-7-6-5-4-3-2-1)	VIGOROUS (10-9-8-7-6-5-4-3-2-1) SEDENTARY (10-9-8-7-6-5-4-3-2-1)	VIGOROUS (10-9-8-7-6-5-4-3-2-1) SEDENTARY (10-9-8-7-6-5-4-3-2-1)	VIGOROUS (10-9-8-7-6-5-4-3-2-1) SEDENTARY (10-9-8-7-6-5-4-3-2-1)	VIGOROUS (10-9-8-7-6-5-4-3-2-1) SEDENTARY (10-9-8-7-6-5-4-3-2-1)

Notes / Triggers / Questions for Your Doctor

How to Calculate Your Score

1. Add up all circled numbers across all 5 days.
2. For each symptom checked, add: 0 (severity 1), 1 (severity 2), or 2 (severity 3).
3. Visit JointVenturesRA.com/symptom-score
4. Enter your total to see what your score means and get your personalized next steps.