

FLARE UP DIARY

DESIGNED BY @TALONTEDEX

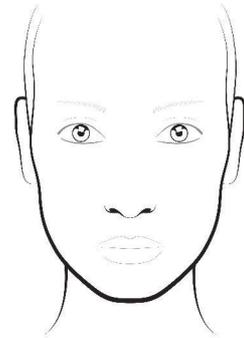
Date: Time: Duration:

Symptoms: Redness Pustules Itching Heat Pain
 Eye irritation Other

Colour or shade the face chart on the right to show how your face looked during the flare up:

Potential causes:

Other notes:



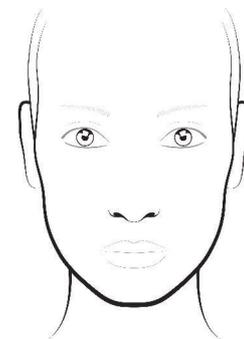
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