

Itch✓ Journal

Use your Itch✓ journal twice a day—once in the morning and once in the evening—to create a detailed record of your child's symptoms and your observations. Be sure to take your journal to share with your doctor at upcoming appointments.

Follow the 4 simple steps in the example below.



Check it. Chart it. Discuss it.

Example entry

Step 1.

Date your entry, then choose an entry type and fill in the time:

✱ **Morning entry:** Your child's itch behavior over the previous night (from bedtime until they woke up).

✱ **Evening entry:** Your child's itch behavior throughout the day (from morning until bedtime).

✱ **Anytime entry:** Your child's itch behavior outside of your morning entry and evening entry.

Step 2.

Select a score based on your child's itch severity:

Based on observations or what your child told you about his/her itching, how severe were your child's itch-related symptoms (rubbing, scratching, skin damage, sleep disturbances, or irritability)?

Step 3.

Note all observations that contributed to your answer

Date 07 / 15 / 21

Entry type and itch score

Morning	Evening	Anytime (AM/PM)		
<u>8</u> : <u>23</u>	<u>7</u> : <u>47</u>	<u>3</u> : <u>19</u> (AM/PM)	<input type="checkbox"/> 0 None	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	1 Mild itch	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 Moderate itch	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3 Severe itch	
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	4 Very severe itch	

Observations

Morning	Evening	Anytime (AM/PM)	
<u>8</u> : <u>23</u>	<u>7</u> : <u>47</u>	<u>3</u> : <u>19</u> (AM/PM)	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Child reported itching
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Observed sleep disturbance (difficulty falling asleep or staying asleep)
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Observed rubbing or scratching
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Observed new or worsening marks on the skin due to rubbing or scratching
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Observed irritability, fussiness

Step 4.

Create a more detailed entry to share with your doctor:

Add additional information, such as temperature, weather, clothing, and other symptoms your child is experiencing.

Notes






✱ The temperature and weather were... ✱ My child was wearing... ✱ Other symptoms...

Need more pages for your Itch✓ journal?

Visit [ItchCheck.com](https://www.ItchCheck.com)

Date ____/____/____

Entry type and itch score






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Observations

Morning Evening Anytime (AM/PM)

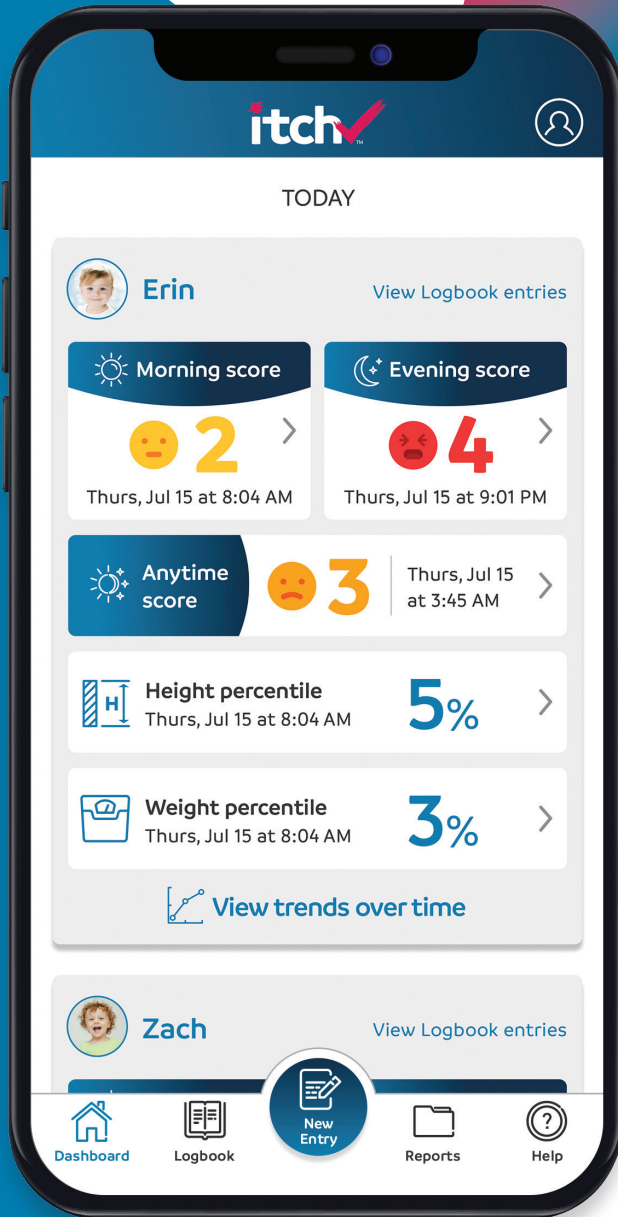
____:____ ____:____ ____:____ AM/PM

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Child reported itching
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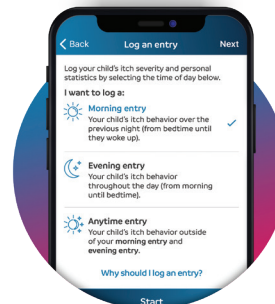


Check it. Chart it. Discuss it.



Experience Itch✓ on your iPhone® with an even wider range of features

- ✦ Create a more detailed entry by
 - Uploading photos of noteworthy observations
 - Entering height and weight measurements
- ✦ View graphs and trends to assess itch severity and growth over time
- ✦ Download weekly reports to share with your doctor at your next visit
- ✦ Receive daily reminders so you know when it's time to create a new entry
- ✦ Caring for more than one child? Stay organized with separate records for each of your children



Learn more at ItchCheck.com



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