

ECZEMA

Journal

Month :



Day

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30/31

Breakfast:

Time:

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Lunch:

Time:

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Dinner

Time:

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SYMPTOMS

- ☐ RASH
- ☐ HIVES
- ☐ ITCHINESS
- ☐ VOMITING
- ☐ SWELLING
- ☐ NAUSEA
- ☐ DIARRHEA
- ☐ TROUBLE BREATHING
- ☐ ABDOMINAL PAIN
- ☐ DIZZINESS

OTHERS:

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