



THE STRAIGHT UP SKINCARE PROJECT

Trigger Tracker

A key to maintaining healthy skin can be identifying potential triggers for your skin conditions – and taking steps to deal with them.

A recent survey found that only 24% of Britons know a lot about what makes their skin worse*. That's why we have created a simple weekly chart to help you understand the impact of triggers.

*E45: Straight Up Skincare Project 2018. Survey of 5,009 UK adults.

Let's get tracking

You can complete the tracker over the week. This can help you keep track of how dry and itchy your skin is on each day and identify anything you are doing, or changes in the environment, that tie up with times when your skin is itchy or dry. For example, you might discover that your skin is affected by an intense gym workout, unusually cold or warm weather or a particularly stressful few days at work.

The tracker also helps you to keep an eye on the effectiveness of your current skincare products.



Stress



Allergens



Weather



Sweat

In association with 
NATIONAL ECZEMA SOCIETY
www.eczema.org

The National Eczema Society does not recommend or endorse any particular products.

Trigger Tracker



Modern life can be tough on our skin. Using this chart, you can record the condition of your skin over the week and the possible triggers you may encounter.

Share the completed tracker with your pharmacist / healthcare professional to help them advise on suitable skincare. You may also like to take some pictures on your phone to help demonstrate any symptoms.

Date: _____

DAY	MY SKIN			MY MANAGEMENT			POSSIBLE TRIGGERS (Please give details as indicated)								
	How dry (1-5)?*	How itchy (1-5)?*	Other noticeable symptoms†	How often did I use emollients?	Did I use emollient cleansers?	What other treatment did I use (e.g. lotions)?	Weather (hot or cold)	Airborne allergens (e.g. pollen)	Was I stressed? (Yes / No)	Pets or animals (e.g. cat / dog)	What clothing did I wear?	Did I sweat? (Yes / No)	What soaps / detergents did I use?	Do I live in a hard water area?	Other
1															
2															
3															
4															
5															
6															
7															

*1 is the least dry/itchy; 5 is the most dry/itchy. † Key symptoms to note: red, cracking, weeping, flaky.