Rosacea trigger diary

Week 1 of 2

Fill in one row every day, including calm days. Circle how your skin is, tick anything that happened, and note specifics (which drink, which product). After 14 days, compare flare days with calm days.

Day / date	Skin today	Sun	Heat	Cold / wind	Alcohol	Spicy food	Stress	Poor sleep	Exercise	Hot drinks	New product	Period	Other	Notes (what, how much, when)
1 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
2 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
3 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
4 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
5 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
6 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
7 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

Free from rosecalm.com. Prefer your phone? The RoseCalm app does the comparing for you.

Not medical advice. Share your diary with your dermatologist.

Rosacea trigger diary

Week 2 of 2

Fill in one row every day, including calm days. Circle how your skin is, tick anything that happened, and note specifics (which drink, which product). After 14 days, compare flare days with calm days.

Day / date	Skin today	Sun	Heat	Cold / wind	Alcohol	Spicy food	Stress	Poor sleep	Exercise	Hot drinks	New product	Period	Other	Notes (what, how much, when)
8 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
9 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
10 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
11 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
12 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
13 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
14 ___ / ___	Calm Mild Mod Severe	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

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