Flare & Fare

COMMUNITY JOURNAL TEMPLATE

FOOD + FLARE JOURNAL

Notice patterns. Keep the story yours.

A reusable, fillable journal for tracking food and drink alongside hidradenitis suppurativa (HS) flare check-ins. Type directly into the PDF, or print the pages you need. This version matches the current journal layout: per-area pain scores, drainage, and what you tried.

There is no universal trigger list. Choose tags that matter to you. A pattern can be worth discussing with your clinician, but a pattern alone does not prove that one food or factor caused a flare.

1. **Set your tags**
   Write your personal trigger tags and the other factors you want to watch. Keep the list focused enough to use consistently.
2. **Log food close to real time**
   Record the time, the meal, the food or drink, ingredients, calories if you track them, and your tags.
3. **Check in on your flares**
   For each area: a pain score from 1-10, whether it is better, the same, or worse, and the drainage. Note what you tried that day.
4. **Review the prior 72 hours**
   Look backward from each flare check-in and mark which tagged factors appeared. Compare repeated patterns over time.

Privacy note: This template is designed for personal tracking. Remove identifying details before sharing completed pages publicly. It is not medical advice or a diagnostic tool.

Make the journal personal

Use your own experience and your clinician’s guidance. These fields stay with this copy of the PDF.

Personal trigger tags

Foods or ingredients you specifically want highlighted.

Watch-list factors

Food categories, drinks, or anything you are not sure about yet.

Other factors to watch

Context that is not food: stress, sleep, weather, cycle, friction, new products.

My daily calorie target (optional)

Notes

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FOOD LOG

One day per sheet

Date **Day total (cal)**

TIME	MEAL	FOOD & DRINK	INGREDIENTS	CAL	TAGS

Notes

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FOOD LOG

One day per sheet

Date **Day total (cal)**

TIME	MEAL	FOOD & DRINK	INGREDIENTS	CAL	TAGS

Notes

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FLARE CHECK-IN

How are things, area by area?

Date _____ **Time** _____

Buttocks

Pain (1-10) ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

Compared to yesterday ○ Better ○ Same ○ Worse

Drainage ○ Blood ○ Pus ○ Both

Right armpit

Pain (1-10) ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

Compared to yesterday ○ Better ○ Same ○ Worse

Drainage ○ Blood ○ Pus ○ Both

Left armpit

Pain (1-10) ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

Compared to yesterday ○ Better ○ Same ○ Worse

Drainage ○ Blood ○ Pus ○ Both

Groin

Pain (1-10) ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

Compared to yesterday ○ Better ○ Same ○ Worse

Drainage ○ Blood ○ Pus ○ Both

What did you try today?

☐ Mometasone ☐ Hibiclens ☐ Head & Shoulders

☐ Warm compress ☐ CBG ☐ Other

Overall, compared to yesterday ○ Better ○ Same ○ Worse

Notes

Flare & Fare

FLARE CHECK-IN

How are things, area by area?

Date _____ **Time** _____

Buttocks

Pain (1-10) 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10 ○

Compared to yesterday ○ Better ○ Same ○ Worse

Drainage ○ Blood ○ Pus ○ Both

Right armpit

Pain (1-10) 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10 ○

Compared to yesterday ○ Better ○ Same ○ Worse

Drainage ○ Blood ○ Pus ○ Both

Left armpit

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What did you try today?

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☐ Warm compress ☐ CBG ☐ Other

Overall, compared to yesterday ○ Better ○ Same ○ Worse

Notes

The 72-hour look-back

For each flare check-in, look back over the 72 hours before it and note which of your tagged factors showed up. One match means little; the same match again and again is a pattern worth discussing.

FLARE CHECK-IN (DATE / TIME)	TAGGED FACTORS IN THE PRIOR 72 HOURS

Patterns I am noticing

A pattern in this journal is a co-occurrence, not proof of cause. Bring the pattern, not a verdict, to your clinician.