Tracking daily details can help you provide a brief overview for the doctor of what’s happened since the last visit.

**INSTRUCTIONS:**

**Fever and Rash**
Record the highest temperature during the morning, afternoon and evening. If there is a rash, put a check mark √ on the line provided next to the temperature.

<table>
<thead>
<tr>
<th>Fever and Rash</th>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100.4</td>
<td>_______</td>
<td>101</td>
</tr>
</tbody>
</table>

**Joint Pain Level**
Ask your child: “**What number matches the worst pain you had today?**”
A young child can point to the matching face instead.

- 0 NO HURT
- 2 HURTS LITTLE BIT
- 4 HURTS LITTLE MORE
- 6 HURTS EVEN MORE
- 8 HURTS WHOLE LOT
- 10 HURTS WORST

**Painful Joints**
Mark X on the joint(s).

**Morning Stiffness**
How long did morning stiffness last?
Write the appropriate letter on the line provided.

- A. Less than 15 minutes
- B. More than 15 minutes, less than 1 hour
- C. More than 1 hour
- D. None

**Swelling**
Are there swollen joints? Write Yes or No on the line provided.

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Notes and Questions for Your Doctor