



The three day trigger tracker

Spot the foods making your child's eczema worse

Most eczema flare-ups aren't random – they're reactive. This tracker helps you connect the dots between what your child eats, how they poop, and what shows up on their skin. It's the first step I use with every client to uncover their child's personal eczema triggers. Use it daily for 3 days – and you'll start to see patterns you never noticed before.

Day 1

Day & Time	Meals & Snacks	Notable Ingredients	Symptoms / Skin Reaction rate 1–5	Bowel Movement Y/Nconsistency	Sleep Quality	Mood / Stress Level	Activities/ Environment / Weather
Day 1 Morning							
Day 1 Midday							
Day 1 Evening							



Day 2

Day & Time	Meals & Snacks	Notable Ingredients	Symptoms / Skin Reaction rate 1–5	Bowel Movement Y/Nconsistency	Sleep Quality	Mood / Stress Level	Activities/ Environment / Weather
Day 2 Morning							
Day 2 Midday							
Day 2 Evening							



Day 3

Day & Time	Meals & Snacks	Notable Ingredients	Symptoms / Skin Reaction rate 1–5	Bowel Movement Y/Nconsistency	Sleep Quality	Mood / Stress Level	Activities/ Environment / Weather
Day 3 Morning							
Day 3 Midday							
Day 3 Evening							



Example

Day 1

Tip

Print one copy for each 3-day period, or track in a digital PDF using a tablet.

Day & Time	Meals & Snacks	Notable Ingredients	Symptoms / Skin Reaction rate 1-5	Bowel Movement Y/N consistency	Sleep Quality	Mood / Stress Level	Activities/ Environment / Weather
Day 1 Morning	Oatmeal with banana, almond milk	Almond, chia seeds, honey, banana	Mild redness on cheeks (2/5)	Yx1 Normal	slept 8 hrs, woke briefly at 4 a.m.	1 tantrum, lacking focus	Cold morning, new almond milk brand, after school club
Day 1 Midday	Chicken nuggets, apple slices, water	Ketchup, gluten	Rash on elbows returned (3/5)	Y x2 soft	slept 10 hours but was itchy and restless	Tired and agitated	Ate at grandma's, swimming, mild weather
Day 1 Evening	Pasta with creamy sauce, small piece of bread	Dairy, gluten	Itching on legs at bedtime (3/5)	Yx1 "rabbit droppings"	scratched legs 2x during the night	Fixating on little things, anxious	Bath with new bubble soap, did well at school today, cold day

