

LOMA LUX[®] ECZEMA

Date: / /

www.lomalux.com

1-800-316-9636

CHECKLIST

Fill out this checklist every time you experience flares or other eczema discomfort. Keep a record.

SEVERITY OF OUTBREAK

Mild: _____

Moderate: _____

Severe: _____

Off the charts: _____

YOUR BODY

Cold and/or Flu: _____

Clothing: _____

Cosmetics/Toiletries: _____

Hormonal: _____

Juice contact: _____

Soaps/Body cleansers: _____

Stress: _____

Sunburn: _____

Sweating/ Rubbing: _____

Other: _____

ENVIRONMENTAL TRIGGERS

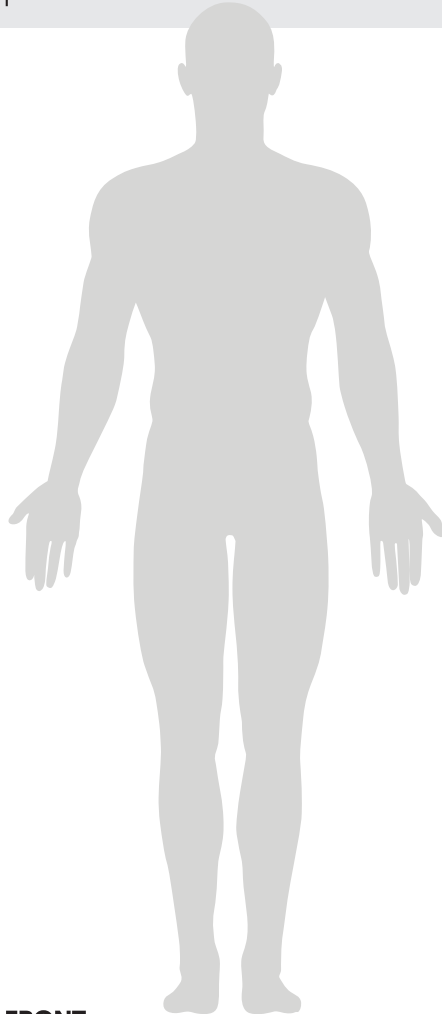
Cold, dry weather: _____

Low humidity/ dry weather: _____

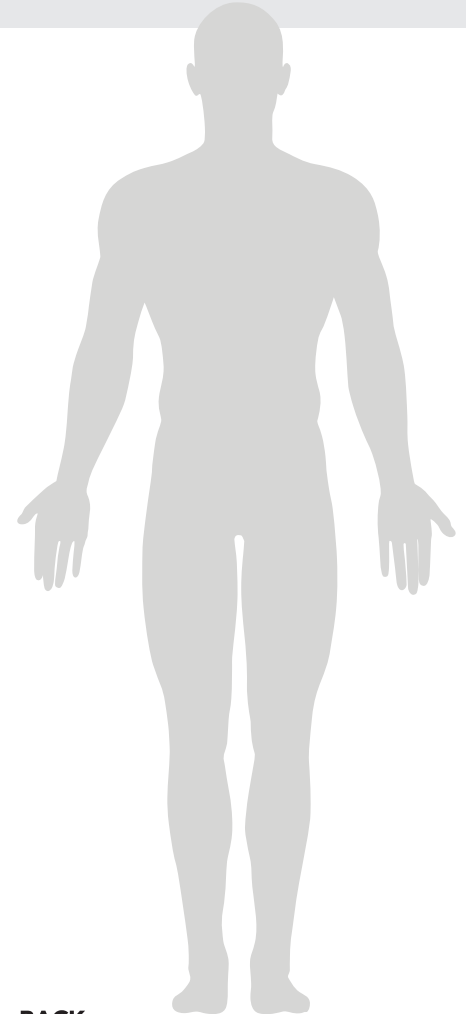
Smoke exposure: _____

Other: _____

ADDITIONAL COMMENTS



FRONT



BACK

YOUR DIET

Food allergies:

Acidic fruits/ vegetables: _____

Dairy: _____

Nuts: _____

Soy: _____

Shellfish: _____

Wheat: _____

Other: _____

LIFESTYLE/exposures

Air freshener: _____

Animal dander: _____

Dry cleaned clothing: _____

Dust mites: _____

New bedding: _____

New carpeting: _____

New cleaning/detergent: _____

Other: _____

This information is not intended to replace the advice and the examination of a physician.