

### Skin diary

Date .....  
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Weather .....  
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Itchiness 0 1 2 3 4 5 6 7 8 9 10  
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Skin care .....  
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My mood .....  
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.....

Small indulgences  None  Alcohol  Cigarettes  Other  
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Food and beverages (including amounts)  
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Other .....  
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Medication .....  
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.....

Amount of sleep  7 hours or more  Less than 7 hours  
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Leisure activities .....  
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What caused me stress?  
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