AS Self-Tracking Sheet

Use this once a week or before appointments. The goal is pattern-spotting, not scoring yourself.

Stop and seek care for red eye/vision change, new neurological symptoms, chest pain, infection signs on immune-modifying medication, or spine/neck pain after trauma.

Monthly measures

Date	Chest expansion (cm)	Tragus-to-wall (cm)	Morning stiffness (min)	Pain 0-10	Fatigue 0-10	Notes for physio/rheum

Seven-day stiffness and symptom log

Day	AM stiffness	Movement done	Flare trigger?	Sleep	One note
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Weekly pillar checklist

Pillar	Did I touch it?	Smallest useful version
Spinal mobility	[ ]	Cat-cow, thoracic rotations, back extension
Posture	[ ]	Wall stand, chin tucks, desk reset
Strength	[ ]	Glutes, back extensors, deep core, scapulae
Aerobic	[ ]	Walk, swim, cycle, or low-impact cardio
Stretching	[ ]	Hip flexors, hamstrings, pecs, calves
Breathing	[ ]	Maximal-inhale or lateral-rib breathing
Balance	[ ]	Single-leg stands, tai chi, stable balance drills

Appointment prompt: What changed since last visit? Which movement reliably helps? Which movement reliably worsens symptoms? What should we modify next?