

Skin Symptom + Food/Gut Diary

Use this for one calm week before a GP or dermatologist visit. The goal is usable pattern notes, not restriction.

If celiac disease or dermatitis herpetiformis is possible, ask about testing before going gluten-free. Removing gluten early can make diagnosis harder.

Seven-day diary

Day	Skin: where + severity 0-10	Itch / pain	Gut symptoms	Food changes only	Sleep / stress / cycle	Meds, supplements, notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

What changed this week?

Question	Notes
Any new rash shape, location, blistering, bleeding, infection signs, eye symptoms, fever, joint pain, or unplanned weight loss?	
Any new medication, supplement, topical product, antibiotic, illness, travel, major stress, sleep change, or cycle change?	
Any food pattern worth asking about, without starting a major elimination plan on your own?	
Questions to bring to GP or dermatologist	

Use communities well: forums can help you notice questions. They are a place to compare notes and gather hypotheses, not a substitute for diagnosis or treatment.