



IBD Flare Tracker

A simple way to record symptoms and changes during a flare.

Name:	Date flare started:
IBD Type:	Date tracker started:

Daily symptom tracker

Use one row for each day. Add a tick, number or short note to show what the day was like.

Date	Bowels (number)	Urgency	Blood	Pain 0-10	Fatigue 0-10	Appetite	Notes

Symptoms to watch

☐ Abdominal pain	☐ Diarrhoea / urgency	☐ Frequent bowel movements
☐ Bleeding	☐ Fatigue	☐ Nausea / reduced appetite
☐ Fever / feeling unwell	☐ Joint or other symptoms	☐ Sleep affected

What has changed from usual?

Medication and treatment notes

Medication / treatment	Dose	Time	Notes / changes

Food, fluids and other notes

Anything worth recording about food, fluids, sleep, activities or other changes?

How is the flare presenting?

Describe the main symptoms, when they started and anything that seems different from usual.

What seems to help?

☐ Rest / quiet time	☐ Extra fluids	☐ Smaller / easier meals
☐ Toilet access	☐ Reduced activity	☐ Extra sleep
☐ Other:	☐ Other:	☐ Other:

Appointments, tests or contact with the IBD team

Date, who you spoke with, advice given and any follow-up needed.

School / daily life impact

☐ More toilet breaks	☐ Missed school	☐ Reduced activity
☐ Fatigue affected learning	☐ Needed rest	☐ Needed extra support
☐ PE / sport affected	☐ Sleep affected	☐ Mood / wellbeing affected

Flare notes / questions

Questions, patterns you have noticed, or anything you want to discuss with your IBD team

Flare summary

Flare started:	Flare improving from:
Main symptoms:	What helped:
Follow up needed:	Date reviewed: