Outbreak Diary

Outbican Dialy
Prodrome started://_ Symptoms healing://_
Symptoms appeared:// Symptoms gone://_
THE PHYSICAL:
Prodrome symptoms:
Type of outbreak:
Location of outbreak:
Same spot as last time?
Anything else I noticed:
THE TRIGGERS:
Have I eaten anything out of the ordinary lately?
Have I had sex/masturbated?
Am I stressed? What's up?
Other possibilities:
THE TREATMENT.
THE TREATMENT:
Medication/Vitamins:
Topicals:
Food:
Self care: (Shower/bath, fav book/movie, talking to someone, saying no, music, wallowing in self despair, etc.)
Sleep:(Get lots!)
THE ME:
How am I feeling about this?
One thing I love about myself:
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	Symptoms hooling: / /
Prodrome started://	Symptoms healing://
Symptoms appeared://	Symptoms gone://
THE DUVEIC AL.	
THE PHYSICAL:	
Prodrome symptoms:	(tingling, itching, nerve pain, can't sleep, paranoia, feeling flu-ish, etc.)
rype or outbreak.	(bump, blister, ulcer, cut, etc.)
Location of outbreak:	
Same spot as last time?	
Anything else I noticed:	
THE TRIGGERS:	
Have I eaten anuthing out of th	ne ordinary lately?
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Other possibilities:	
THE TREATMENT:	
Medication/Vitamins:	
Topicals:	
Food:	
Self care:	
Sleep:	, fav book/movie, talking to someone, saying no, music, wallowing in self despair, etc.)
	(Get lots!)
THE ME:	
How am I feeling about this?	
One thing I love about myself: _	