



# Daily Eczema Tracker | Stages



Date: \_\_\_\_\_

Part of the 'Healing Eczema Naturally' Workshop  
with **Wellness Uncut**



USE THIS DAILY TRACKER TO RECORD EVERYTHING THAT  
MIGHT IMPACT AN ECZEMA BREAKOUT

THE 5 STAGES OF A BREAKOUT

**1. Early Signs**

Mild redness, tiny bumps, slight itch.

(This stage can often be reversed if caught early.)

**2. Active Breakout**

Skin feels hot, inflamed (with either boils or what feels like 'elephant skin' when touched), discolouration, dry, flaky, easily cracks, oftentimes bleeds and feels intensely itchy.

**3. Partial Healing with Scabbing**

Itch decreases, skin dries out, scabs form as the body repairs. Skin looks calmer but is still vulnerable to relapse.

**4. Relapse or Relocation**

Breakout reactivates in the same spot or pops up elsewhere—often due to hidden allergens or food triggers. Some breakouts come in waves of 2 or 3. The second or third wave often brings you back to stage 2.

**5. Recovery Phase**

Skin surface completely flattens, scabs dry up and naturally fall off, discolouration fades, and the barrier strengthens—if no new triggers are introduced.



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1. Food and Drink (include snacks)

Grid of dots for recording food and drink.



2. Skin & Body Protocols (include any traditional, medicinal,  
and/or holistic treatments)

Grid of dots for recording skin and body protocols.







# Daily Eczema Tracker (continued)



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MIGHT IMPACT AN ECZEMA BREAKOUT

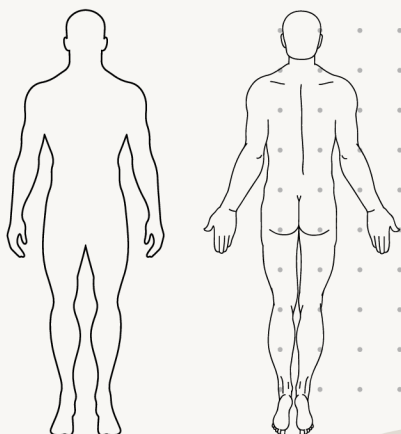


5. Environmental Factors (weather, seasonal allergies, pets, mold, etc.)

Grid of dots for recording environmental factors.



6. Notable Skin Reactions or Symptoms - Areas affected



Grid of dots for recording skin reactions and symptoms.







# Daily Eczema Tracker (continued)

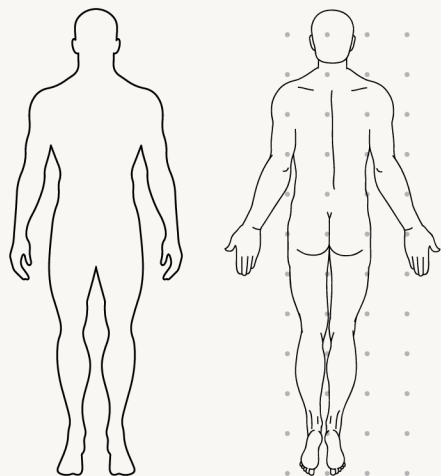


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## 9. Notes/Observations/Reflections (continued)

A large grid of dots for taking notes, starting from the top right of the page and extending down to the bottom right, partially overlapping the human figures.



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