

# YEARLY RELAPSE TRACKER

The yearly tracker can be used to track your relapses by noting down how they have affected you.

By filling it out when you have a relapse, you create a reference which will help you understand your condition and make it easier to recall a particular relapse or symptom when seeing your healthcare team.

If your symptoms have lasted at least 24hrs you're probably having a relapse and that is when you will need to make a decision about your method of treatment.

When you are having a relapse, mark the date it has started. It's important to mark the end of the relapse too so you and your healthcare team can see how long it lasted for and the length of time in-between.

It is also useful for you to fill out the section below the calendar, after or during your relapse, as this will help you identify how each relapse affects you and you will find it easier to explain to your healthcare team when you have your next appointment.

**“If you're diagnosed with relapsing remitting MS and not on treatment it might be realistic to anticipate having a relapse every 18 months or so. Anything less, could be a bonus, anything more would be an alert that the condition is becoming more active and you may want to think about asking for assessment to start a disease modifying drug or change the one you are on to a stronger treatment. If you're already on first line disease modifying drugs and still having relapses, that may also be your alert to talk to your care team and say: I don't think this drug is working for me, do I need to swap to another first line, or do I need to escalate to what they call a second line treatment?”**

-Bernie Porter, MS Nurse

If you are unsure how to use the tracker, view some examples that other people have done already [here](#):

[www.confidencecollege.org/module-1/yearly-tracker-examples/](http://www.confidencecollege.org/module-1/yearly-tracker-examples/)

[This page](#) will show you a great and simple way to track your symptoms over 24hrs:

[www.confidencecollege.org/module-1/24-hour-tracker/](http://www.confidencecollege.org/module-1/24-hour-tracker/)

# YEARLY RELAPSE TRACKER

Year \_\_\_\_\_

## JANUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## FEBRUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## MARCH

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## APRIL

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## MAY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## JUNE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## JULY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## AUGUST

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## SEPTEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## OCTOBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## NOVEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

## DECEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
21	22	23	24	25	26	27
28	29	30	31			

**Relapse 1** started on \_\_\_\_\_ and finished on \_\_\_\_\_

What did this relapse stop you from doing? \_\_\_\_\_

What were the symptoms? \_\_\_\_\_

**Relapse 2** started on \_\_\_\_\_ and finished on \_\_\_\_\_

What did this relapse stop you from doing? \_\_\_\_\_

What were the symptoms? \_\_\_\_\_

If you are having more than 2 relapses a year, it should be an alert that the condition is active and you may want to think about asking your healthcare team for an assessment for disease modifying drugs.