

# DAILY ACTIVITIES CHART

Having an open and honest discussion with your doctor is the first step in finding a psoriatic arthritis treatment that's right for you.

It's not easy to explain how your psoriatic arthritis symptoms affect your daily activities, so we want to help you share the impact they have on your life.

## WHAT ARE THE MOST COMMON SYMPTOMS?

### Psoriatic arthritis symptoms may include:

- Pain, swelling, stiffness, or tenderness in one or more joints
- Joints that are red or warm to the touch
- Sausage-like swelling in one or more of your fingers or toes
- Pain in and around the feet and ankles
- Thick, red patches on the skin that often have a silvery scale

Your symptoms may get in the way of the things you do every day, such as the activities listed below. Check the appropriate boxes in the chart below, according to how difficult it is to complete the task. If your symptoms are affecting you more than you thought, consider sharing this completed chart with your doctor.

	NOT DIFFICULT	SOMEWHAT DIFFICULT	DIFFICULT	UNABLE TO DO
GRIPPING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LIFTING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DRESSING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
BENDING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WALKING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SITTING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WRITING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COOKING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CLEANING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EATING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
REACHING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SHOPPING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>