Gout Tracker

courtesy of

WILDERMAN medical clinic

Canadian Centre for Clinical Trials

Date	Pain Scale Rating (1 LOW-5 HIGH)	Medications	Dietary Record	Physical Activities
Feb 11/12	2	1.2 mg (2 x 0.6mg tablets), followed by 1 tablet every 2 hrs	Swapped steak for lean chicken Had 1 serving of low fat yogurt	Water aerobics 30 min