



Itch & Skin Diary

Track the itch so you and your vet can both see it

PETSLIKEMINE
ALLERGIES & SKIN

PET NAME _____	WHAT WE ARE TRYING _____	START DATE _____
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Itch is invisible to your vet in a ten-minute consult, but obvious to you over the week. A simple weekly score and a photo turn "he seems a bit better" into a line you can both read. For an itchy pet, the diary is the proof.

HOW TO SCORE THE ITCH (0 TO 10)

0 normal, no scratching out of the ordinary. **2 to 3** a little more licking or scratching than usual. **5** itching that interrupts play, eating or sleep. **7 to 8** scratching much of the time, hard to distract. **9 to 10** almost constant, frantic, damaging the skin. Score the whole week, not the worst single moment.

WHERE IS IT WORST? (TICK THE SPOTS)

- | | |
|--|---|
| <input type="checkbox"/> Ears | <input type="checkbox"/> Face and muzzle |
| <input type="checkbox"/> Paws and feet | <input type="checkbox"/> Front legs |
| <input type="checkbox"/> Armpits | <input type="checkbox"/> Belly and groin |
| <input type="checkbox"/> Flanks and back | <input type="checkbox"/> Base of the tail |
| <input type="checkbox"/> Bottom | |

Paws, face, ears, armpits and groin are the classic allergy pattern. Knowing where it concentrates helps your vet just as much as the score.

WEEKLY DIARY

WEEK / DATE	ITCH 0 TO 10	WORST AREAS THIS WEEK	PHOTO?	NOTES (FLARES, WEATHER, FOOD)
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Photo tip: same spot, same light, once a week. A photo timeline shows what memory cannot.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Score once a week and snap the worst patch. Bring the trend to every skin recheck; it is the single most useful thing you can hand your vet.

THE DIARY IS THE PROOF