

## Baseline and action-threshold worksheet

Use this between flares or after symptoms have clearly started improving.

Do not include names, photos, addresses, clinician names, or account details unless you need them for your own private record. Use one joint per worksheet.

### Record label

- Record label:
- Joint:
- Side:
- Typical flare joint? yes / no / unsure
- Filled out on a stable day, improving day, or uncertain day:

### Stable-day baseline

Describe what normal-for-you looks like when you are not actively flaring.

Signal	Normal baseline
Pain 0-10	
Stiffness	
Swelling	
Warmth or heat	
Touch sensitivity	
Shoe, sock, bedding, or gear tolerance	
Walking, stairs, training, or work use	
Sleep disruption from this joint	

### Personal early signs

Check any familiar early signs:

- Twinge
- Warmth
- Pressure
- Pulse or throbbing
- Stiffness
- Limp
- Sock intolerance
- Shoe intolerance
- Bedding sensitivity
- Night sensitivity
- Familiar pain climb
- Other:

### Threshold ladder

Zone	What it feels like	What I do	What I skip or limit
Baseline			
Watch zone			
Action zone			

---

Zone	What it feels like	What I do	What I skip or limit
Full flare zone			

---

## What changes the direction

Things that tend to back it down:

- Back-down signal 1:
- Back-down signal 2:
- Back-down signal 3:

Things that tend to push it upward:

- Upward signal 1:
- Upward signal 2:
- Upward signal 3:

## Rescue-plan trigger

- What level means “watch but do not act”:
- What level means “follow my written rescue plan”:
- What signs mean “step back activity”:
- What signs mean “message, call, or seek same-day evaluation”:

## One-line reminder

Write the sentence you want to see when symptoms start climbing:

## Claude prompt

Help me define my personal gout baseline and action threshold for one joint. Ask one question at a