



HAND HEALTH TRACKER

LOG SYMPTOMS. TAKE ACTION. SUPPORT RECOVERY.



1. SYMPTOM LOG

Track your hand symptoms to identify patterns and triggers.

 DATE	 HAND (LEFT / RIGHT)	 INTENSITY (1 – 5)	 TRIGGER (WHAT CAUSED IT?)



2. 4-WEEK ACTION CHECKLIST

Small consistent actions lead to long-term results.

WEEK	FOCUS	MON	TUE	WED	THU	FRI	SAT	SUN
1 WEEK 1 Build Awareness	Observe symptoms, ergonomics & daily patterns	☐	☐	☐	☐	☐	☐	☐
2 WEEK 2 Improve Habits	Adjust habits, workstation & task approach	☐	☐	☐	☐	☐	☐	☐
3 WEEK 3 Strengthen & Support	Add strengthening, mobility & recovery practices	☐	☐	☐	☐	☐	☐	☐
4 WEEK 4 Review & Refine	Evaluate progress & plan what's working	☐	☐	☐	☐	☐	☐	☐



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