

HS ACTION PLAN

Small steps today. Better days tomorrow.

“ I choose progress, not perfection. ”

Date:

This plan belongs to:

MY TOP GOALS

What I want to focus on right now:

1

2

3

DAILY HABITS

Small daily steps make a big difference.

Stay Hydrated

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Gentle Skin Care

Eat Anti-Inflammatory Foods

Move My BodyMind My Mental HealthGet Quality SleepOther:

TRIGGERS TO WATCH

Things that may trigger flare-ups for me:

APPOINTMENTS & FOLLOW-UPS

Date	Appointment / Provider	Notes

MY CARE TEAM

The people who support my HS care:

Dermatologist:

Primary Care Provider:

Other Specialists:

Pharmacy:

Support Person:

Other:

SELF-CARE PLAN

What helps me feel my best:

NOTES & REMINDERS

TODAY I AM PROUD OF:

