BUCKET · MCAS REACTION LOG

My reactions

Dates _____

When date · time	**What happened** flushing, hives, itching, other	**How bad** 0–10	**How long**	**What I took** and when	**What came before it** food and drink, fragrance, chemicals, heat, stress, sleep		
					Same day	**The day before**	**2–3 days before**

The examples are things people often note, not a list of causes. This sheet shows what came before a reaction, not what caused it.

Free from mybucketlog.com/printables/mcas-reaction-log — print, copy and share. Bucket is a symptom and trigger diary for iPhone; it is not medical advice.