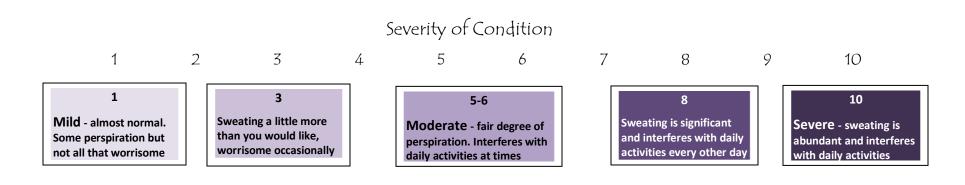
The Dry Pharmacist Treatment Progress Toolbox

Two charts were developed to help track your progress while using DryDerm. There are two components, one filled daily and the other on a weekly basis. Not only will these help you visualize progress, they will also help determine whether you should step up to a higher strength formulation to control your condition.

Weekly Self-Assessment Chart

Use the following scale and fill in the table that follows with the corresponding number that best describes your condition after each week of treatment. A trend toward smaller values indicates progress with your condition. A trend with values remaining above 5 indicates that you may need a higher strength formulation.



	Week							
	1	2	3	4	5	6	7	8
Underarms								
Palms								
Soles								
Face								
Other								

Daily Intervention Chart

This chart uses daily interventions (e.g. more than 1 shower per day) to measure your condition's progress. Just check off the appropriate interventions on a daily basis. We also included extra rows in case you wish to add an intervention that you use on a daily basis that is not listed. A trend towards fewer checkmarks demonstrates improvement. You may also wish to rate your day from an overall perspective – the objective is to reduce your number of days where "Sweat Ruled the Day".

Interventions	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	Days							
Needed a change of clothing								
Showered or bathed more than once								
Rescheduled my day								
Some breakthrough sweating occurred								
Needed rescue anti- perspirant, drying powder , tissue/towel								
Felt anxious, ashamed, or depressed								
How was my day (1,2, or 3)*								
Other								
Other								
Number of checkmarks per week								

^{* 1:} a good day 2: up & down day 3: sweat ruled the day

