

KEEPING A DPAFU DIARY

**Analysing Possible Reasons for  
Fluctuating DPAFU Severity**

<b>Times when my DPAFU symptoms are at their worst</b>			
<b>DPAFU rating</b>	<b>What I was doing</b>	<b>Possible reasons why</b>	<b>What could I do to change or modify this?</b>
<b>Times when my DPAFU symptoms are at their best</b>			
<b>DPAFU rating</b>	<b>What I was doing</b>	<b>Possible reasons why</b>	<b>What can I learn from this?</b>