

ClarityDTX | Psoriasis DLQI Tracker

Print this page. Fill in one row per day (or per event). Bring to your next appointment.

Date	DLQI Score	Worst Domain	Trigger	Stress Level	Flare?	Notes

Quick Reference: DLQI 0-1 = no effect on life. Score above 10 = large effect. Track monthly to support treatment decisions.

Free mobile app: claritydtx.com/psoriasis/ | Free Notion template: clarityapps.notion.site