FUNARP
Fundación de Artritis Reumatoide de Panamá

My Color-Coded Health Journal

Paint how you feel. Help your doctor understand you.

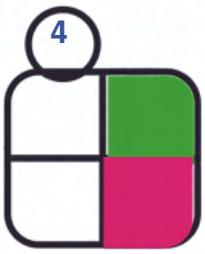
Step 1 · Pick your 4 colors

Choose pencils, crayons, markers or highlighters you love. Use the same 4 colors in the whole notebook so your doctor can read it.

Color 1 | Color 2 | Color 3 | Color 4

Example colors — pick your own favorites.

Step 2 · Color the circles with the colors you selected



HORA 4:00 p.m.

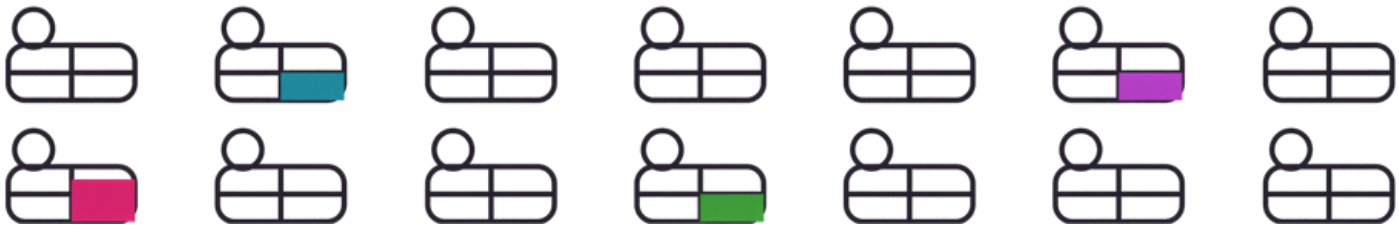
HORA _____

Circle = the day's main feeling or action. Four boxes = fill in the parts of the day or the feelings that apply. HORA= write the time.

Tip Fill the box where you identify the emotion, pain or action.

Step 3 · Fill in the week 5 rows per page

Mon | Tue | Wed | Thu | Fri | Sat | Sun



Every page has 7 days × 5 rows. Color a figure each time you check in.

This notebook is magical: it's full of my drawings, ideas and emotions — and most beautiful of all, it's full

5 Trackers
1 Monthly Reflection

Each page has a speech bubble question and 4 boxes to color.

🗣️ I am...

- ☐ Creative
- ☐ Efficient
- ☐ Rigid
- ☐ Perfectionist

Recognize how you are today and color it

💗 Today I feel...

- ☐ Tired
- ☐ In pain
- ☐ Pain-free
- ☐ Energetic

Recognize how you feel and color it.

😊 Which emotion do I recognize?

- ☐ Frustration
- ☐ Sadness
- ☐ Fear
- ☐ Joy

My mood shapes how I face the daily challenge.

🌙 Did I sleep? How many hours?

- ☐ Less than 8 hours
- ☐ I rested
- ☐ I'm tired
- ☐ 8 hours or more

Know how much you've slept.

🏃 Today I exercised

- ☐ I walked
- ☐ I swam
- ☐ I played
- ☐ _____ (my own)

Recognize the exercise you do.

🎓 This month I learned...

A free page at month's end: write or draw what you discovered about your body, feelings and habits.

Your daily routine

1. **Check in** Note the time.
2. **Identify** Feeling, pain, sleep or exercise.
3. **Color** Use your 4-color code.
4. **Share** Show your doctor.

Every page I paint is a giant hug I give myself — and real support for the doctor who wants to understand me.

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