|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Eczema Triggers

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| B | O | K | T | R | G | Y | H | P | X | D | W | X | Q | G | D | K | L | M | Y | Y | J | D | O |
| C | V | A | X | A | E | **N** | **U** | **S** | T | J | W | A | O | U | G | Q | U | M | M | P | T | T | B |
| A | E | J | X | G | Q | J | B | B | Y | W | O | S | M | P | X | Q | E | O | I | X | Q | T | Q |
| Z | E | E | T | F | K | P | N | T | R | Z | Z | I | D | N | A | Q | L | I | U | Z | H | X | R |
| J | W | B | O | O | L | B | H | O | V | D | C | X | Z | E | Z | H | X | Z | O | U | J | X | O |
| O | E | U | Z | W | D | S | T | M | H | Y | R | **H** | S | G | O | S | J | K | R | M | M | P | Q |
| G | H | T | I | S | R | S | P | S | H | M | H | **O** | W | W | W | L | H | X | T | C | Q | R | J |
| H | I | M | Q | **S** | T | L | S | T | R | M | E | **T** | O | L | G | S | W | G | D | T | B | A | K |
| G | U | R | G | **S** | P | B | O | E | N | L | K | **W** | **D** | **O** | **O** | **F** | N | O | H | S | L | R | E |
| O | T | S | O | **E** | C | E | Z | U | Y | O | V | **A** | O | M | F | C | J | G | Y | K | R | V | K |
| D | K | F | W | **R** | B | Q | W | G | I | K | Z | **T** | H | V | V | F | A | O | R | D | L | P | K |
| C | L | G | **S** | **T** | X | D | R | V | X | X | X | **E** | Y | G | F | C | G | N | J | M | B | N | G |
| W | T | L | **E** | **S** | A | E | M | V | P | B | G | **R** | O | Z | T | C | V | N | D | K | X | R | K |
| E | Z | G | **H** | C | Y | Y | Y | G | E | B | E | H | U | A | **C** | **H** | **E** | **M** | **I** | **C** | **A** | **L** | **S** |
| G | R | S | **T** | G | V | S | P | W | D | K | B | T | D | L | A | **S** | G | E | G | D | Q | T | E |
| H | T | Q | **O** | W | H | B | G | C | V | Q | C | X | U | W | N | **P** | V | S | D | K | Q | R | E |
| T | V | J | **L** | Q | O | N | M | T | E | B | Q | S | B | X | O | **A** | F | I | M | E | U | W | H |
| D | V | **T** | **C** | D | A | F | L | F | B | W | K | B | J | I | L | **O** | **R** | **I** | **A** | D | Z | Z | A |
| K | P | **A** | C | **A** | **L** | **L** | **E** | **R** | **G** | **I** | **E** | **S** | U | A | E | **S** | D | S | C | D | B | I | A |
| Z | J | **E** | T | Z | X | O | J | W | F | Z | Z | K | Y | O | O | C | Q | S | G | Q | A | K | O |
| P | X | **W** | C | C | W | W | V | C | B | B | U | Z | L | I | T | D | A | L | I | D | N | N | R |
| D | A | **S** | W | T | N | Z | V | C | K | S | E | X | C | Z | Y | Q | X | R | Q | L | K | S | H |
| Q | U | J | A | D | K | Q | A | N | D | Q | C | R | J | W | A | M | N | M | H | E | L | D | E |
| P | B | C | H | I | G | P | I | I | I | I | Z | P | F | J | Q | O | U | R | T | Z | F | Y | X |

   Air       Allergies       Chemicals       Clothes       Food       Hot Water       Soaps       Stress       Sun       Sweat