Alameda Alliance for Health Asthma Care



Asthma Diary: A tool for tracking symptoms and triggers

How to use: Fill in one row each day to track your asthma. Triggers are the things, like dust or running, which set off asthma symptoms or episodes. Use these numbers to rate each symptom:

 $\mathbf{0} = \text{None}$ $\mathbf{1} = \text{Mild}$ $\mathbf{2} = \text{Moderate}$ $\mathbf{3} = \text{Severe}$ $\mathbf{4} = \text{Emergency}$

Date	Peak Flow-AM	Peak Flow-PM	Triggers	Rate Symptoms	Medicine Taken	Response to Medicine
				Cough Wheeze Short of breath Tightness Other:		
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Print this page or make copies that you can write on. You can also use this as a guide of what information you should write down in your own asthma notebook. Take the diary to your doctor visits. These notes can help your doctor provide better care for your or your child's asthma. To download this asthma diary, please visit **www.alamedaalliance.org/live-healthy-library** and select "Asthma."



Do you need more support? Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm • Phone Number: **1.510.747.4577** • Toll-Free: **1.855.891.9169**People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929 www.alamedaalliance.org**HE MBRS AS