



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:

0 = None **1** = Mild **2** = Moderate **3** = Severe **4** = Emergency

Date	Peak Flow-AM	Peak Flow-PM	Triggers	Rate Symptoms	Medicine Taken	Response to Medicine
				___ Cough ___ Wheeze ___ Short of breath ___ Tightness ___ Other:		
				___ 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."