



# ASTHMA CARE

## Asthma Diary: A Tool for Tracking Symptoms and Triggers

**How to use:** Fill in one row each day to track asthma. Triggers are the things, like dust or running, which set off asthma symptoms or asthma attacks. 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
				<input type="checkbox"/> Cough <input type="checkbox"/> Wheeze <input type="checkbox"/> Short of breath <input type="checkbox"/> Tightness <input type="checkbox"/> Other:		
				<input type="checkbox"/> Cough <input type="checkbox"/> Wheeze <input type="checkbox"/> Short of breath <input type="checkbox"/> Tightness <input type="checkbox"/> Other:		
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**Print this page** or make copies that you can write on. Or, you can use this as a guide of what information you should write down in your own asthma notebook. **Take the diary** to your doctor visits. This way he or she can better know how asthma affects your or your child's asthma.



Health care you can count on.<sup>16</sup>  
Service you can trust.