

Asthma Diary

A Tool for Tracking Symptoms

Here is a tool you can use to track your asthma symptoms. You can also record and identify your asthma triggers, which are the things that set off asthma symptoms or asthma attacks.

Print this page and make copies you can write on each week. Or, if you prefer, just use it as a guideline for the kinds of information you need to record in your own asthma diary or notebook.

DATE	AM PEF	PM PEF	TRIGGERS	RATE SYMPTOMS*	MEDICINE TAKEN & RESPONSE
				<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:	
				<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:	
				<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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				<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:	

*Use this scale to rate your symptoms:
0=None; 1=Mild; 2=Moderate; 3=Severe; 4=Emergency