

My Asthma Diary



Keeping Track of Your Asthma

Get the Support You Need

Connect with us if you have any questions about using the diary or asthma in general. You can obtain more copies of the diary by talking to a Certified Respiratory Educator. Call the Lung Health Information Line:

1-888-344-LUNG (5864)
lungontario.ca

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What is an asthma diary?

An asthma diary is a form that allows you to track:

- asthma symptoms
- medication use
- peak flow meter readings
- asthma triggers

The benefits of using an asthma diary

By tracking this information, you and your healthcare provider will get a good picture of the level of control of your asthma.

When you are first diagnosed with asthma or when changes are made to your medications, the diary can help you find out if your treatment plan is working.

Tracking your possible asthma triggers will help you figure out which ones may be causing symptoms.

Have your healthcare provider show you how to use it.

How to use your asthma diary:

Information

- » Write your name, healthcare provider's name and phone number, and the month.

Symptoms

- » Whenever you have symptoms, enter a "1" for mild, "2" for moderate, or "3" for severe.

If you ever have severe symptoms, call 911 or go to a hospital.

Medications

- » List each medication including dose and time you normally take them.
- » Mark every time you take a medication.

Peak Flow Meter

- » If you use a peak flow meter, chart the best of three readings every morning and night.

Triggers

- » List your known and suspected asthma triggers.
- » Place a checkmark (✓) whenever you are in contact with one.

If you have any regular symptoms or if your peak flow readings are below normal, **see your healthcare provider and a Certified Respiratory Educator** to find out how you can get your asthma under control.

My Asthma Diary	Name:											Healthcare Provider:							Healthcare Provider's Phone:																				
Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								
Symptoms	Note severity of symptoms: 1 = mild 2 = moderate 3 = severe																																						
Coughing																																							
Tightness in chest																																							
Shortness of breath																																							
Wheezing																																							
Waking up at night																																							
Difficulty exercising due to asthma																																							
Missed work/school due to asthma																																							
Visited healthcare provider due to asthma																																							
Went to E.R. due to asthma																																							
Medications	Note number of times medication is taken on each day																																						
Peak Flow Meter	700	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
	600																																						
	500																																						
	400																																						
	300																																						
	200																																						
100																																							
Triggers	Place checkmark (✓) below when in contact with one of your possible triggers (eg. pet, smoke, pollen)																																						