

Keep Track of Your Asthma

What is an asthma diary?

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

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

Questions about asthma? We can help.

Call our Lung Health Line at 1-888-344-LUNG (5864), email info@lunghealth.ca, or visit lunghealth.ca to chat live with a Certified Respiratory Educator.

Funded by the Government of Ontario



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.

My Asthma Diary

Month/Year: _____ Name: _____ Healthcare Provider: _____ Healthcare Provider's Phone: _____

Days of the 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 Best of 3 readings	700																																
	600																																
	500																																
	400																																
	300																																
	200																																
	100																																
Mark with a dot(·) on graph to the right																																	
Triggers	Place checkmark (✓) below when in contact with one of your possible triggers (eg. pet, smoke, pollen)																																

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.