

## How To Use Your Asthma Diary

**Date:** Begin your diary the day it is received.

**Symptoms:** See score below.

**Activities:** Place a v in the box if any of the activities listed occurred.

**Medicine:** List all the asthma medicine used (eg. Ventolin® 2 puffs as needed). Use one v for each puff of medicine.

**Caregiver's Notes:** Please list any questions or concerns to be discussed with the doctor.

### Symptom Score

0 = None

1 = Barely Present

2 = Obviously Present

3 = Interferes With Activity

### Warning Signs of Worsening Asthma

- Asthma symptoms with activity
- Symptoms with crying or laughing
- Waking at night with symptoms
- Increased use of reliever medicine
- Follow your Asthma Action Plan if you have one.

### Doctor's Phone Number

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# An Asthma Diary For Preschool Children



