

My Asthma Diary:

Answer these questions every day:

1. Did my child cough last night?
2. Did my child need the quick-relief inhaler?
3. Did my child have difficulty with exercise or activity?



**Remember to bring this
Asthma Diary to the next
doctor's appointment!**

Use these symbols to record any other symptoms your child had.

Symptoms:

 Day Wheezing
  Night Wheezing
  Day Coughing
  Stuffy Nose
  Runny Nose
  Sneezing
  Itchy Eyes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday