

# *My Two Week Asthma Diary*

I.D. \_\_\_\_\_

**AIR/KAISER ASTHMA EDUCATION PROJECT**

I agree to complete this diary for the  
next two weeks.

\_\_\_\_\_  
Initials



Date: \_\_\_\_/\_\_\_\_/93

## Peak Flow Meter Measurement

Patient normal range \_\_\_\_\_ to \_\_\_\_\_  
(enter range of values specified by physician)

## Practice Measurements

Time \_\_\_\_\_ a.m./p.m.

1st attempt \_\_\_\_\_

2nd attempt \_\_\_\_\_

3rd attempt \_\_\_\_\_

Best of 3 attempts \_\_\_\_\_

[illegible]

## Notes

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

[illegible]

CUT  
HERE

CUT  
HERE

**Day 2** Day of week \_\_\_\_\_

[illegible]

CUT  
HERE

**Day 14** Day of week \_\_\_\_\_  
(Enter names; note amounts taken since dinner of previous day and times — e.g., 2 puffs, 8p.m., or 1 tablet, 7 a.m.)

[illegible]

A row of five simple black-and-white smiley faces. From left to right: 1. A wide, open-mouthed smile. 2. A slight, closed-mouth smile. 3. A flat, horizontal line for a mouth. 4. A downward-curving mouth, indicating sadness. 5. A more pronounced downward-curving mouth, indicating a sadder or more distressed state.

Severely  
bothered



Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

[illegible]

...What was it?

[illegible]

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

[illegible]

CUT  
HERE

**Day 3** Day of week \_\_\_\_\_  
(Enter names; note amounts taken since dinner of previous day and times — e.g., 2 puffs, 8p.m., or 1 tablet, 7 a.m.)

[illegible]

A row of five simple black-and-white smiley faces. From left to right: 1. A wide, open-mouthed smile. 2. A slight, closed-mouth smile. 3. A flat, horizontal line for a mouth. 4. A downward-curving mouth, indicating sadness. 5. A more pronounced downward-curving mouth, indicating a sadder or more distressed state.

Severely  
bothered



Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

[illegible]

...What was it?

[illegible]

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

[illegible]

CUT  
HERE



CUT  
HERE

## Day 4

Day of week \_\_\_\_\_

(Enter names; note amounts taken since dinner of previous day and times — e.g., 2 puffs, 8p.m., or 1 tablet, 7 a.m.)

Date: \_\_\_\_/\_\_\_\_/93

Amount  
Taken

Time

Amount  
Taken

Time

Amount  
Taken

Time

Amount  
Taken

Time

(mark appropriate face to indicate how much you were bothered by asthma)



Not at all  
bothered

Somewhat  
bothered

Severely  
bothered

(Enter best of three attempts in the morning and in the evening)

Peak flow \_\_\_\_\_ Time \_\_\_\_\_ a.m.

Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

(checkyesorno)

Yes

No

10

11

11

**Box**

1

11

11

11

1

10

11

...What was it?

## Notes

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

CUT  
HERE



**Day 12** Day of week \_\_\_\_\_  
(Enter names; note amounts taken since dinner of previous day and times — e.g., 2 puffs, 8p.m., or 1 tablet, 7 a.m.)

[illegible]

A row of five simple black-and-white smiley faces. From left to right, they show: a wide smile, a slight smile, a neutral expression, a frown, and a deeper frown.

Severely  
bothered

Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

[illegible]

...What was it?

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

[illegible]

CUT  
HERE

[illegible]

**Day 11** Day of week \_\_\_\_\_  
(Enter names; note amounts taken since dinner of previous day and times — e.g., 2 puffs, 8p.m., or 1 tablet, 7 a.m.)

[illegible]

A row of five simple black-and-white smiley faces. From left to right: 1. A wide, open-mouthed smile. 2. A slight, closed-mouth smile. 3. A flat, horizontal line for a mouth. 4. A downturned mouth, indicating sadness or anger. 5. A more pronounced downturned mouth, indicating deep sadness or despair.

Severely  
bothered



Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

[illegible]

...What was it?

[illegible]

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

[illegible]

CUT  
HERE

**Day 6** Day of week \_\_\_\_\_  
(Enter names; note amounts taken since dinner of previous day and times — e.g., 2 puffs, 8p.m., or 1 tablet, 7 a.m.)

[illegible]

A row of five simple black-and-white smiley faces. From left to right: 1. A wide, open-mouthed smile. 2. A slight, closed-mouth smile. 3. A flat, horizontal line for a mouth. 4. A downward-curving mouth, indicating sadness. 5. A more pronounced downward-curving mouth, indicating a sadder or more distressed state.

Severely  
bothered



Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

[illegible]

...What was it?

[illegible]

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

[illegible]

CUT  
HERE

**Day 10** Day of week \_\_\_\_\_  
(Enter names; note amounts taken since dinner of previous day and times — e.g., 2 puffs, 8p.m., or 1 tablet, 7 a.m.)

[illegible]Severely  
bothered

Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

[illegible]

...What was it?

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



**Day 9** Day of week \_\_\_\_\_  
(Enter names; note amounts taken since dinner of previous day and times — e.g., 2 puffs, 8p.m., or 1 tablet, 7 a.m.)

[illegible]

A row of five simple line-art smiley faces. From left to right, they show: a wide smile (happy), a slight smile (content), a straight line for a mouth (neutral), a downward curve for a mouth (sad), and a more pronounced downward curve (very sad).

Severely  
bothered

Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

[illegible]

...What was it?

[illegible]

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

[illegible]

CUT  
HERE

**Day 8** Day of week \_\_\_\_\_  
(Enter names; note amounts taken since dinner of  
previous day and times — e.g., 2 puffs, 8p.m., or 1  
tablet, 7 a.m.)

[illegible]

A row of five simple line-art smiley faces. From left to right, they show: a wide smile (happy), a slight smile (content), a straight line for a mouth (neutral), a downward curve for a mouth (sad), and a more pronounced downward curve (very sad).

Severely  
bothered

Peak flow \_\_\_\_\_ Time \_\_\_\_\_ p.m.

[illegible]

...What was it?

[illegible]

(Early warning signs; precipitants of attacks; particular actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.)

[illegible]

CUT  
HERE