My Two Week Asthma Diary

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AIR/KAISER ASTHMA EDUCATION PROJECT

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

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Initials	ς



	Day 1	Day of v	week	
	(Enter names; n	ote amounts	s taken since	e dinner of
Medicines	previous day an tablet, 7 a.m.)	d times — e	e.g., 2 puffs,	8p.m., or 1
	Amount		Amount	
	Taken	Time	Taken	Time
Asthma symptoms		ropriate face		how much
Last night (dinner yesterday to breakfast today)	Not at all	Some		Severely
Today (breakfast to dinner)	bothered	bother	_	bothered
Peak flowmeasureme		t of three att		9
Morning	Peak flow		Time	a.m.
Evening	Peak flow		_Time	p.m.
Thingsthat happened due to asthma Called doctor/nurse for adv. Went to clinic/ER	vice Yes IX		wasit?	

Time 100 200 300 400 500 am þm am pm am pm am pm am pm am pm am pm

You may be interested to plot your peak flow. Space has been provided below. **Peak Flow Meter Trend Chart**

Date: ___/___/_93__ **Peak Flow Meter Measurement** Patient normal range _____ to ____ (enter range of values specified by Amount Amount physician) Time Taken Taken Time **Practice Measurements** Time _____ a.m./p.m. **CUT** CUT 1st attempt _____ **HERE HERE** 2nd attempt _____ Notes (Early warning signs; precipitants of attacks; particular 3rd attempt _____ actions taken that were helpful or harmful to control of your asthma; or any other things that happened due to asthma.) Best of 3 attempts _____

let, 7 a.m.) Amount		Amount		A mount		A mount	
Taken	Time	Taken	Time	Taken	Time	Taken	Time
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\odot	bothered by				that were he	pful or harmful hings that happ	to control c
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