

# My Asthma Diary: \_\_\_\_\_

Answer these questions every day:

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



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

Use these symbols to record any other symptoms you had:

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday