

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Medications Taken Today																																
Quick Relief (Albuterol, Maxair)																																
Controller																																
Oral Steroid (Orapred, Prednisone)																																

Place an X in the box for the day of the week you have any symptoms listed on the left-hand side of the page. Please mark boxes for days asthma medication is given.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Asthma Symptoms:															
Wheeze															
Cough															
Shortness of Breath															
Coughing at Night or Awakening with difficulty breathing															
Exercise Symptoms															
Allergy Symptoms:															
Nasal Congestion															
Nasal Drainage															
Watery, Red, or Swollen Eyes															

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Reflux Symptoms															
Burping															
Vomiting															
Heartburn															
Best Peak Flow Reading															
Morning															
Evening															
Medications Taken Today															
Quick Relief (Albuterol, Maxair)															
Controller															
Oral Steroid (Orapred, Prednisone)															