Asthma Diary for:



Always bring your Asthma Diary with you to share with your provider so they can assess how well you are managing your asthma and to assess if the Asthma Treatment Plan is working. Instructions: The information provided in a daily Asthma Diary will assist you and your provider to effectively manage your asthma. It will provide important information to identify asthma triggers and the effectiveness of the daily and rescue asthma medications. It will help you recognize the symptoms of an impending asthma attack before the symptoms become too severe. Download a copy of this form at https://www.qmo.amedd.army.mil to print or fill in on your computer by clicking in a form box. Fill in the correct information under each column for the Asthma Diary at least daily and anytime you need to take your rescue medications. In the notes section, fill in anything you feel is important to discuss with your provider and it will be important to note if you went to the emergency room or made a same-day appointment with your provider. Save the file for each week. The form can be cleared for a new week by clicking the clear button.





Date	Time	Symptoms (check all that apply)					Daily Control Medication (check one)		Rescue Inhaler Medication (check one)		Response to Rescue Inhaler Medication (check all that apply for each time you administer medication)					Peak Flow Rate (fill in the reading)		Activity and/or Location	Notes
		Coughing	Wheezing	Shortness of breath	Chest tightness	List any possible triggers	I took today	l forgot today	Needed to take	Did not take	Quick Relief	рәдіән	Needed to repeat, took a second dose	Helped but still having asthma symptoms	Did not relieve symptoms	Reading 1	Reading 2	What you were doing and/ or where you were when documenting	