

Learn How to Use a Daily Journal to Control Your Asthma

Learn How To Use A Daily Journal:

- ✓ Request a daily journal from your respiratory therapist or medical provider.
- ✓ Record daily peak flow readings.
- ✓ Record your prescribed medication use daily.
- ✓ Record asthma sign/symptoms such as coughing, wheezing, activity, and sleep or sleeplessness.
- ✓ Record the triggers that prompted an asthma episode.

This journal will help you and your health provider investigate asthma triggers and determine whether prescribed medication treatment is working.

For more information, call or contact
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