

Personal Asthma Plan

My Treatment Goals Are:

- To have no severe symptoms night or day (includes not being awakened at all during the night).
- To have the best possible lung function I can.
- To be active in whatever exercise or sports I choose without limitation from asthma.
- To attend school, work, and social events without disruption from asthma.
- To avoid emergency room and hospital visits due to asthma flare-ups.
- To have as few side effects as possible from my medication.
- To be satisfied with my asthma care.

Add any other goals:

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My daily medications are listed on the other side

My Daily Symptom and Peak Flow Log Includes:

Peak flow:

Every morning before taking my medications I plan to measure my peakflow, write it down on the log and bring this record to my next appointment.

Symptoms:

I plan to write down any wheezing, chest tightness, or cough, rate its severity (mild, moderate, severe), and record what time of day it happened (night or day). Any restrictions in my activity and any sleep problems due to my asthma will also be rated in the chart.

Any quick relief inhaler use:

I plan to record how many times I used my quick relief inhaler (day or night) to control my symptoms.

Actual use of medications:

I will record my use of any extra medications. If I don't take my regular medications, I will record that in the Comments column.

Urgent visits:

Any urgent care visits will be entered also.

Signed _____

Date _____

Clinician _____

