

My Asthma Control Diary

Questions		Week 1:							Week 2:							
		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1	Did your asthma make you cough or wheeze ?															
2	Did your asthma wake you up at night?															
3	Did your asthma stop you from playing or exercising?															
4	Did you miss school because of your asthma?															
5	Did you use your rescue inhaler?															
6	Did you use your controller medication?															

Questions		Week 3:							Week 4:							
		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1	Did your asthma make you cough or wheeze?															
2	Did your asthma wake you up at night?															
3	Did your asthma stop you from playing or exercising?															
4	Did you miss school because of your asthma?															
5	Did you use your rescue inhaler?															
6	Did you use your controller medication?															

What does this mean:

- If “Yes” was answered to any **questions from 1 to 4**, it may be a sign your child’s asthma is uncontrolled.
- If “Yes” was answered **2 or more times in the same week** to **question 5**, it may be a sign their asthma is uncontrolled (with the exception being before exercise).
- If “No” was answered to **question 6**, explain why taking their controller medication is so important, even when they are feeling well.

Need Help:

If you suspect your child’s asthma is **uncontrolled**, you should speak to their healthcare professional about their their **Asthma Action Plan**.

If you would like to speak to a CRE (Certified Respiratory Educator) for FREE about managing your child’s asthma, call **1-866-787-4050** or email info@asthma.ca.