

Asthma Diary

<p>Green Zone (Doing Well) – No asthma symptoms (i.e. cough, wheeze, tight chest, short of breath) during the day or night. Breathing is good and can do usual activities.</p>				<p>Yellow Zone (Caution – Getting Worse) – Having asthma symptoms (i.e. cough, wheeze, tight chest, wakes up at night). Can do some, but not all, usual activities.</p>				<p>Red Zone (Danger) – Very short of breath, quick relief medicine is not helping, breathing is hard and fast, cannot do usual activities. Seek Medical Help, NOW!</p>						
Date														
Peak Flow #														
Zone:	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G	<input type="radio"/> G
Green, Yellow or Red	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y	<input type="radio"/> Y
	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R	<input type="radio"/> R
Long-term Control Medicines (List your daily medications and record number of times used)														
Quick Relief Medicines (Record number of times used)														
Symptoms (Mark with an X)														
Cough														
Tight Chest														
Short of Breath														
Wheeze														
Wake up at Night														
Missed School/Work														
Less Activities														
Other														
Triggers (Mark with an X)														
Smoke														
Animals														
Weather														
Dust														
Strong Smells														
Other														

Source: Adapted from NAEPP

FIGHT ASTHMA MILWAUKEE



LEAD AGENCY:
CHILDREN'S HOSPITAL AND HEALTH SYSTEM

FAM Allies works together with children and families connecting them to caring people, reducing hospital stays, and supporting healthy lives.
Questions? Call (414) 390-2179