

ASTHMA SYMPTOM TRACKER

Pay attention to your child's asthma symptoms and triggers

Kids can't always make all their asthma symptoms known—especially during a doctor's visit—so the doctor may rely on you to report on your child's symptoms. This asthma symptom tracker will help you keep track of your child's asthma symptoms and triggers between doctor's visits.

Simply print out this form, monitor your child's asthma symptoms and triggers, and discuss them with your doctor.

Important: If any of these symptoms seem severe, contact your child's doctor immediately.

My Child's Asthma Symptoms

Changes since your child's last doctor visit	More often	About the same	Less often
Coughing			
Wheezing			
Rapid breathing/shortness of breath			
Tightness in chest/complains of chest hurting			
Fatigue			
Sluggishness; avoids strenuous play			
Restlessness during sleep			
Unusual paleness			
Sweating or anxiety			
Using rescue (quick relief) medicine*			
Missed days at daycare/pre-school/school			

*If your child is using rescue medicine, like albuterol, more than twice a week, then his or her asthma may not be as well controlled as you think.

Have there been any times when your child's asthma symptoms were a lot worse than usual?

No_____ Yes_____

Do your child's asthma symptoms seem to be worse during the day, night, or when exercising/playing? (Check all that apply)

Day_____ Night_____ During exercise/play _____

My Child's Asthma Triggers

Check off the triggers¹ that may be causing your child's asthma symptoms

Allergens

- Tree/Grass/Weed Pollens
- Foods
- Molds

- Animals
- Dust Mites
- Cockroaches

Irritants

- Strong Odors/ Perfumes
- Paints or Varnishes
- Tobacco Smoke
- Cooking Fumes
- Household Cleaners

- Wood Smoke
- Aerosol Sprays
- Dust/Coal Dust/Chalk Dust
- Weather Changes

Other Triggers

- Colds or Viral Infections
- Reflux Disease/Heartburn
- Vigorous Activity/Exercise
- Food additive like sulfites

- Medications
- Prolonged Crying or Laughing
- Cold Air

Other triggers: _____

Have there been any changes in your child's home or school environment (new pet, new cleaning products, new pillow or blanket, smoke from a fireplace or wood burning stove, recent use of pesticides or paint at home or school, etc.)?

No_____ Yes_____

How many days in the past week has your child used, or thought about using, his or her inhaled rescue (quick-relief) medicine? _____

1. American Academy of Allergy & Immunology. *Tips to Remember: Asthma triggers and management.*

Available at: <http://www.aaaai.org/patients/publicedmat/tips/asthmatriggerandmgmt.stm>. Accessed October 20, 2006.