Day you started the diary	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Used your preventer inhaler today?														
Warning symptoms Using reliever inhaler more and more														
Waking at night because of wheezing, shortness of breath, a tight chest or coughing														
Feeling that you can't keep up with your normal day-to-day activities														
Taking time off because of asthma														

	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
800																														
700																														
600																														
500																														
400																														
300																														
200																														
180																														
160																														
140																														
120																														

Weekly comments:

You can download more graph paper from **www.asthma.org.uk/yourasthma**