

PIMA LUNG & SLEEP, PC

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ASTHMA SYMPTOMS LOG

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[illegible]

Symptom severity key

Wheeze	None	0	Some	1	Medium	2	Severe	3
Cough	None	0	Occasional	1	Frequent	2	Continuous	3
Chest Tightness	None	0	Some	1	Medium	2	Severe	3
Shortness of breath	None	0	Some	1	Frequent	2	Continuous	3
Sleep problems due to asthma	None	0	Occasional	1	Awake 2-4 times with wheeze or cough	2	Awake most of the night with asthma symptoms	3
Asthma symptoms with physical activity	None	0	Can be active for short time before symptoms occur	1	Can walk only	2	Misses school or work/ stayed indoors	3

Use the symptoms severity key to give a numerical value to the severity of your asthma. In the notes section, note any triggers that seem to affect your asthma on the day it occurs.

Triggers can include colds or infections, exercise, irritants, allergens, and cold air.