MY COPD SYMPTOM DIARY



Describe your symptom(s). How are you affected?

Ex: Breathlessness, increased coughing with sputum, wheeze...

When does it happen?
Does it happen
repeatedly, if so, how
often does it happen?

Do you recognize a certain trigger?

Ex: change in weather, stress, change in your activities, air pollution...

What did you do to reduce your symptom(s)

Ex: used your inhaler, made a doctor's appointment, or went to the emergency department...

Has your management strategy helped?

Date : /	Morning Afternoon Night All day long 3times a	while gardening	used my reliever inhaler	Yes No Only temporarily
Increased spitum and coughing				
Date : /	MorningAfternoonNightAll day long times a			YesNoOnly temporarily
Date : /	Morning Afternoon Night All day long times a			YesNoOnly temporarily
Date://	Morning Afternoon Night All day long times a			YesNoOnly temporarily

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Date ://	Morning Afternoon Night All day long times a	YesNoOnly temporarily
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