

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 : / /

Increased sputum and coughing

- ☐ Morning
☐ Afternoon
☒ Night
☐ All day long

3 times a week

while gardening

used my reliever inhaler

- ☒ Yes
☐ No
☐ Only temporarily

Date : / /

- ☐ Morning
☐ Afternoon
☐ Night
☐ All day long

..... times a

- ☐ Yes
☐ No
☐ Only temporarily

Date : / /

- ☐ Morning
☐ Afternoon
☐ Night
☐ All day long

..... times a

- ☐ Yes
☐ No
☐ Only temporarily

Date : / /

- ☐ Morning
☐ Afternoon
☐ Night
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Has your management strategy helped?

Date : / /

- ☐ Morning
☐ Afternoon
☐ Night
☐ All day long

..... times a

- ☐ Yes
☐ No
☐ Only temporarily

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