

Key Questions

Here are some ideas to talk about with your doctor. Tear this off and take it to your next asthma checkup.

What do I need to know?

What is asthma?

What makes my asthma worse? Can I tell if an asthma attack is coming?

Will I always have asthma?

How can I keep my asthma under control?

How and when should I take my asthma medicines?

What kinds of asthma medicines am I taking (quick relief, controller, etc)?

What can I do at home, at work or school to make my asthma better?

Do I have to limit any of my activities?

When should I get help from a doctor or hospital for my asthma? How often should I see my doctor for asthma check-ups?

Why will this help me?

Why do I need to keep away from my asthma triggers? Why is it important to take my medicines the right way? What can I expect to happen if I do all, or most, of these things? What can I expect to happen if I don't?

Trigger Tracker

Use copies of this tool to keep track of your triggers. Bring it to your next asthma checkup.

Where was I when my asthma got worse?









Outdoors

Work Other:

When did my asthma get worse?



Morning







What was around me or what was I doing when my asthma got worse?































Sleeping

How were my symptoms?



Other:





What did I do about my asthma today?

weather



Controller medicine





Doctor

Trigger Tracker

Use copies of this tool to keep track of your triggers. Bring it to your next asthma checkup.

Where was I when my asthma got worse?



Home

Morning

Smoke





Outdoors

Other:

When did my asthma get worse?

Work





Afternoon





Evening Night

What was around me or what was I doing when my asthma got worse?

















Colds/Flu

Pests





Exercising

Cleaning



weather



Sleeping



Laughing

Other:

How were my symptoms?







What did I do about my asthma today?







Controller medicine Quick relief medicine

5024

Trigger Tracker

Use copies of this tool to keep track of your triggers. Bring it to your next asthma checkup.

Where was I when my asthma got worse?









Other:

When did my asthma get worse?









Morning

Afternoon

Evening

Night

What was around me or what was I doing when my asthma got worse?







Pests















Cleaning

Exercising



Hot or cold

weather







Sleeping

Laughing

Other:

How were my symptoms?







What did I do about my asthma today?







Controller medicine Quick relief medicine

Doctor

Trigger Tracker

Use copies of this tool to keep track of your triggers. Bring it to your next asthma checkup.

Where was I when my asthma got worse?









School

Outdoors

Other:_

When did my asthma get worse?



Morning









Night

What was around me or what was I doing when my asthma got worse?



Cleaning

Exercising

Other:















Colds/Flu



Sleeping



Laughing

How were my symptoms?







What did I do about my asthma today?

Hot or cold

weather







Doctor

Trigger Tracker

Use copies of this tool to keep track of your triggers. Bring it to your next asthma checkup.

Where was I when my asthma got worse?





Work





School

Outdoors

Other:

When did my asthma get worse?



Morning

Home







Afternoon Evening

What was around me or what was I doing when my asthma got worse?



Smoke















Exercising

Cleaning



weather



Colds/Flu

Laughing

Other:

How were my symptoms?







What did I do about my asthma today?

Mild







Controller medicine Quick relief medicine

Doctor