

's asthma diary for _____ (month)

		Week one							Week two							Week three							Week four						
During the day		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Wheezing & breathlessness	None - not affected by asthma																												
	Mild - active sport affected by asthma																												
	Moderate - informal play affected by asthma																												
	Severe - all activities restricted by asthma																												
Number of times reliever used																													
During the night		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Wheezing & Breathlessness	None - slept well																												
	Mild - woke once due to asthma																												
	Moderate - woke more than once due to asthma																												
	Severe - unable to sleep																												
Number of times reliever used																													
Runny nose/sore throat																													
GP visit																													
Prednisone																													
Missed school (if applicable)																													
Comments/Triggers:																													



Completing the asthma diary

- 1) Write your child's name and the month in the spaces provided.
- 2) Start recording on the applicable day of the week in the Week one section. For example, if you started on a Wednesday, start recording in the "W" column.
- 3) Put a tick in the box in the "During the day" section that best describes how wheezing and breathlessness affected your child's activity level.
- 4) For example:
 - a. if your child got wheezy and needed a reliever only when performing active sports (for example, rugby or tennis), tick the Mild box
 - b. if your child needed a reliever for informal playground activities, tick the Moderate box
 - c. if your child was unable to do any activities because of their asthma, tick the Severe box.
- 5) Write down the number of times they used their reliever during the day.
- 6) Put a tick in the box in the "During the night" section that best describes how wheezing and breathlessness affected your child's sleep. If your child woke for other reasons (for example, to get a drink or go to the toilet), don't record this as the purpose of the form is to record the effects of asthma on activity and sleep.
- 7) Write down the number of times they used their reliever during the night.
- 8) Put a tick in the other boxes if they apply.
- 9) Enter other comments (for example, asthma triggers, school sports days, and so on) if you wish.

Written by HealthInfo [clinical advisers](#). Last reviewed August 2021.

Jayden's Asthma Diary

Week One

DURING THE DAY		M	T	W	T	F	S	S	M
Wheezing & Breathlessness	None – not affected by asthma			✓					
	Mild – active sport affected by asthma				✓		✓		
	Moderate – informal play affected by asthma					✓			
	Severe – all activity restricted by asthma								
Number of times reliever used				0	3	7	6		
DURING THE NIGHT		M	T	W	T	F	S	S	M
Wheezing & Breathlessness	None – slept well								
	Mild – woke once due to asthma			✓	✓				
	Moderate – woke more than once due to asthma					✓	✓		
	Severe – unable to sleep								
Number of times reliever used				1	1	3	2		
Runny nose/sore throat						✓	✓		
GP Visit						✓			
Prednisone									
Missed school (if applicable)							✓		
Comments/Triggers:		School sports Thursday							