

# Asthma Trigger Tracker and Key Questions

## Tools for your next asthma checkup

### 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?



Other: \_\_\_\_\_

### When did my asthma get worse?



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



Other: \_\_\_\_\_

### How were my symptoms?



### What did I do about my asthma today?



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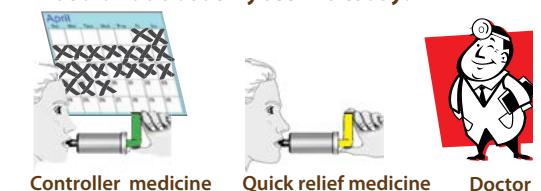


Other: \_\_\_\_\_

### How were my symptoms?



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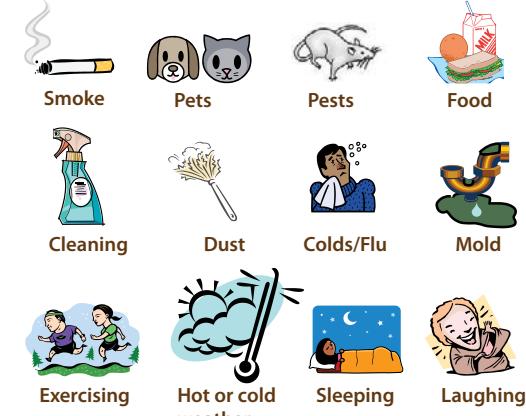


Other: \_\_\_\_\_

### When did my asthma get worse?



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



Other: \_\_\_\_\_

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### What did I do about my asthma today?



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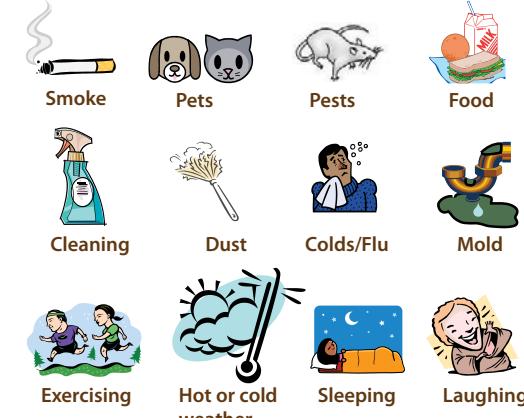


Other: \_\_\_\_\_

### When did my asthma get worse?



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

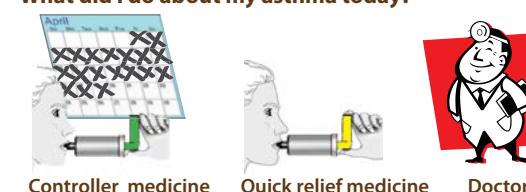


Other: \_\_\_\_\_

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