MY SYMPTOMS JOURNAL







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IMPORTANT NAMES AND NUMBERS

SERVICE

Primary Care Physician (PCP)		
Name:	Phone Number:	
Lung Doctor (Pulmonologist)		
Name:	Phone Number:	
Emergency Contact Person		
Name:	Phone Number:	
Hospital		
Name:	Phone Number:	
Pharmacy		
Name:	Phone Number:	
Respiratory Therapist		
Name:	Phone Number:	
Dietitian		
Name:	Phone Number:	
Other People to Contact		
-	Phone Number:	
Job or Relationship:		
Other:		

DO YOU KNOW YOUR MEDICINES?

Check the appropriate box below each question. If you're not sure what to answer, ask your healthcare practitioner or pharmacist.

Do you have a prescription for a "Rescue Medication?" Yes No	Did your doctor instruct you on how and when to use your "Rescue Medication?" Yes No	When you use your "Rescue Medication," do you use the following? Inhaler Inhaler + Spacer
Do you have a prescription for a "Daily Use" maintenance medication? Yes No	Were you instructed to take your daily "maintenance" medicines every day by your doctor? Yes No	Do you take your daily "maintenance" medicines every day? Yes No
Do you take other medicines for COPD such as Oral Steroids, Antibiotics?	Were you instructed by your physician when to take these medicines? Yes No	Do you discuss these medicines with your doctor at each visit to make sure you know when to use them? Yes No

January

February

Symptoms	Made Symptoms Worse	Symptoms	Made Symptoms Worse
Shortness of breath	Respiratory infections	Shortness of breath	Respiratory infections
Cough	Exercise	Cough	Exercise
Producing sputum (phlegm)	Changes in the weather	Producing sputum (phlegm)	\Box Changes in the weather
☐ Wheezing	\Box Indoor or outdoor air pollution	☐ Wheezing	\Box Indoor or outdoor air pollution
 Tightness in chest Weight loss Feeling sad or depressed 	 Exposure to cigarette or other smoke Exposure to things that cause allergies 	 Tightness in chest Weight loss Feeling sad or depressed 	 Exposure to cigarette or other smoke Exposure to things that cause allergies
	 Chemicals or other irritants at work Worry or stress 		 Chemicals or other irritants at work Worry or stress
	Other/something else		Other/something else
Types of Medicines Used Th	is Month	Types of Medicines Used Th	is Month

Rescue medicine

Rescue medicine

Maintenance medicine

Irritants or Thinas That

Maintenance medicine

Irritants or Thinas That

March

April

Symptoms	Irritants or Things That Made Symptoms Worse	Symptoms	Irritants or Things That Made Symptoms Worse
Shortness of breath	Respiratory infections	Shortness of breath	Respiratory infections
🗌 Cough	Exercise	🗌 Cough	Exercise
Producing sputum (phlegm)	\Box Changes in the weather	Producing sputum (phlegm)	\Box Changes in the weather
☐ Wheezing	\Box Indoor or outdoor air pollution	Wheezing	\Box Indoor or outdoor air pollution
 Tightness in chest Weight loss Feeling sad or depressed 	 Exposure to cigarette or other smoke Exposure to things that cause allergies Chemicals or other irritants at work 	 Tightness in chest Weight loss Feeling sad or depressed 	 Exposure to cigarette or other smoke Exposure to things that cause allergies Chemicals or other irritants at work
	Worry or stressOther/something else		Worry or stressOther/something else
Types of Medicines Used Thi	is Month	Types of Medicines Used Thi	is Month

Rescue medicine

 \Box Rescue medicine

Maintenance medicine

Maintenance medicine

May

June

Symptoms	Made Symptoms Worse	Symptoms	Made Symptoms Worse
\Box Shortness of breath	Respiratory infections	\Box Shortness of breath	Respiratory infections
Cough	Exercise	🗌 Cough	Exercise
Producing sputum (phlegm)	\square Changes in the weather	Producing sputum (phlegm)	\Box Changes in the weather
☐ Wheezing	\Box Indoor or outdoor air pollution	☐ Wheezing	\Box Indoor or outdoor air pollution
Tightness in chest	Exposure to cigarette or	□ Tightness in chest	Exposure to cigarette or
Weight loss	other smoke	□ Weight loss	other smoke
Eeeling sad or depressed	Exposure to things that cause allergies	E Feeling sad or depressed	Exposure to things that cause allergies
	Chemicals or other irritants at work		Chemicals or other irritants at work
	Worry or stress		Worry or stress
	Other/something else		Other/something else

Types of Medicines Used This Month

 \Box Rescue medicine

 \Box Maintenance medicine

- 1-

-1

Types of Medicines Used This Month

Rescue medicine

☐ Maintenance medicine

July

August

Rescue medicine

Symptoms	Irritants or Things That Made Symptoms Worse	Symptoms	Irritants or Things That Made Symptoms Worse
Shortness of breath	Respiratory infections	Shortness of breath	Respiratory infections
Cough	Exercise	Cough	Exercise
Producing sputum (phlegm)	\square Changes in the weather	Producing sputum (phlegm)	\Box Changes in the weather
☐ Wheezing	Indoor or outdoor air pollution	☐ Wheezing	\Box Indoor or outdoor air pollution
 Tightness in chest Weight loss Feeling sad or depressed 	 Exposure to cigarette or other smoke Exposure to things that cause allergies Chemicals or other irritants at work 	 Tightness in chest Weight loss Feeling sad or depressed 	 Exposure to cigarette or other smoke Exposure to things that cause allergies Chemicals or other irritants at work
	Worry or stress Other/something else		Worry or stressOther/something else
Types of Medicines Used Thi	s Month	Types of Medicines Used Th	is Month

Rescue medicine

Maintenance medicine

Maintenance medicine

September

October

Rescue medicine

Symptoms	Irritants or Things That Made Symptoms Worse	Symptoms	Irritants or Things That Made Symptoms Worse
\Box Shortness of breath	Respiratory infections	Shortness of breath	Respiratory infections
Cough	Exercise	Cough	Exercise
Producing sputum (phlegm)	\Box Changes in the weather	Producing sputum (phlegm)	\Box Changes in the weather
Wheezing	\Box Indoor or outdoor air pollution	☐ Wheezing	\Box Indoor or outdoor air pollution
 Tightness in chest Weight loss Feeling sad or depressed 	 Exposure to cigarette or other smoke Exposure to things that cause allergies Chemicals or other irritants 	 Tightness in chest Weight loss Feeling sad or depressed 	 Exposure to cigarette or other smoke Exposure to things that cause allergies Chemicals or other irritants
	at work Worry or stress Other/something else		at work Worry or stress Other/something else
Types of Medicines Used Thi	s Month	Types of Medicines Used Th	is Month

Rescue medicine

Acintenance medicine

☐ Maintenance medicine

November

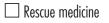
December

Symptoms	Made Symptoms Worse	Symptoms	Made Symptoms Worse
\Box Shortness of breath	Respiratory infections	Shortness of breath	Respiratory infections
🗀 Cough	Exercise	🗌 Cough	Exercise
Producing sputum (phlegm)	Changes in the weather	Producing sputum (phlegm)	\Box Changes in the weather
☐ Wheezing	\Box Indoor or outdoor air pollution	U Wheezing	☐ Indoor or outdoor air pollution
\Box Tightness in chest	Exposure to cigarette or	☐ Tightness in chest	Exposure to cigarette or
☐ Weight loss	other smoke	☐ Weight loss	other smoke
Eeeling sad or depressed	L Exposure to things that cause allergies	Eeeling sad or depressed	Exposure to things that cause allergies
	Chemicals or other irritants at work		Chemicals or other irritants at work
	Worry or stress		Worry or stress
	Other/something else		Other/something else
Types of Medicines Used Thi	s Month	Types of Medicines Used Thi	s Month

Rescue medicine

Irritants or Thinas That

] Maintenance medicine



Maintenance medicine

Irritants or Thinas That