

Trigger Tracker

Please Print Out Multiple Copies to Document the Events

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

Date: _____

• Where was I when my asthma got worse?



HOME



WORK



OUTDOORS



SCHOOL

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?



CIGARETTE



PETS



PESTS



CLEANING



FOOD



DUST



COLD/FLU



MOLD



EXERCISE



HOT/COLD



SLEEPING



LAUGHING

OTHER: _____

• How were my symptoms?



OK



MILD



BAD

• What did I do about my asthma today?



NEBULIZER



DOCTOR



MEDICINE

OTHER: _____

“Don’t Just Medicate... Let Us Investigate”

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