

Symptoms diary

Use this page to record your symptoms.

Date symptom started	What's the symptom? <i>(breathlessness, wheeze, cough)</i>	What time of day does it generally happen?	If it's happening regularly, how often does it happen?

What helped me manage it?	Was this symptom brought on by anything? <i>(activity, rest, weather, stress)</i>	Has there been any change in this symptom? <i>(Same, better or worse than normal)</i>