EVERYONEbreathe

Asthma Symptom and Trigger Tracker

Here's an easy way to help you identify your child's asthma triggers.

When your child has asthma symptoms, use this chart to capture the date, time, and anything you think might have triggered that symptom--such as an weather, exercise, being around pets, or a new environment. Over time, you may begin to see patterns that will help you hone in on one or two triggers. This will allow you to help your child avoid them in the future.

Symptom	Date	Time	What triggered it?

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