

Tracking my COPD symptoms every day

It is important to track your COPD (chronic obstructive pulmonary disease) symptoms. Changes in your symptoms could mean that you are having a flare-up. COPD symptoms include:

- Shortness of breath
- Coughing
- Coughing up mucus
- Change in the color or amount of mucus




Before tracking your symptoms, know what your usual, day-to-day symptoms are. This can help you recognize changes.

Use this tracker every day to track your symptoms. Follow these steps:

1. Talk to your healthcare provider about what to do if your symptoms change.
2. Make or print additional copies of the blank tracker so you can re-use it. It has space to track 3 weeks of your symptoms.
3. Each day, record your COPD symptoms in the chart below. Note what you did based on what your provider said to do if your symptoms change.
4. Take your completed tracker to your next provider visit to talk about your day-to-day symptoms.

This is how I am feeling today.

Check the box that fits how you are feeling each day.

-  Green = My everyday symptoms are the same or have improved
-  Yellow = My symptoms have gotten somewhat worse
-  Red = My symptoms are much worse or have been worse for a long period of time. I need urgent medical care. Call 911 or seek medical care immediately

Day				I felt...	Based on directions from my healthcare provider, I decided to...
Sunday (example)		X		more breathless at the grocery store	use my rescue inhaler and sit down to rest
Sunday __/__/__					
Monday __/__/__					
Tuesday __/__/__					
Wednesday __/__/__					
Thursday __/__/__					
Friday __/__/__					
Saturday __/__/__					

Day				I felt...	Based on directions from my healthcare provider, I decided to...
Sunday __/__/__					
Monday __/__/__					
Tuesday __/__/__					
Wednesday __/__/__					
Thursday __/__/__					
Friday __/__/__					
Saturday __/__/__					
Sunday __/__/__					
Monday __/__/__					
Tuesday __/__/__					
Wednesday __/__/__					
Thursday __/__/__					
Friday __/__/__					
Saturday __/__/__					

Keep tracking your symptoms to help you recognize changes.

Share your symptom tracker with your healthcare provider.
Make sure you understand what to do if your symptoms change.



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