Day of the week	M	T	W	T	F	S	S
Warning symptoms: Used reliever inhaler							
Warning symptoms: Had asthma symptoms such as shortness of breath, tight chest, coughing or wheezing							
Warning symptoms: Waking at night with asthma symptoms							
Warning symptoms: Feeling like you can't keep up with your normal day-to-day activities							

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Weekly comments: anything unusual this week that might have resulted in a lower score? eg. 'I was stressed', I exercised', 'I came into contact with a pet'.

Day of the week	M	T	W	T	F	S	S
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Feel free to photocopy empty pages to add them to your diary or download more from our resources section at www.asthma.org.uk/advice/resources