

# My symptoms

(Write Y for Yes and N for No)

# My Asthma Calendar

Have you been recording your symptoms?



	Week 1							Week 2							Week 3							Week 4							Week 5							Week 6						
	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
Did I cough today?																																										
Did I wheeze today?																																										
Did I find it hard to breathe today?																																										
Did my chest hurt today?																																										
Did my asthma stop me from playing, doing sport or having fun?																																										
Did my asthma wake me up last night?																																										
Did I use my blue reliever inhaler today?																																										

# My feelings

Put a sticker in the box to show how you feel.

Hey, how are you feeling this week?

Good OK Not Good



	Week 1							Week 2							Week 3							Week 4							Week 5							Week 6													
	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN							
How was my asthma today?																																																	

If your calendar has lots of 😞 faces and Ys then this means that your asthma is getting worse. Use your Asthma Plan to help you know what to do and whether you need to see your doctor or asthma nurse.

# My rewards

(✓ for Yes and ✗ for No)

	Week 1							Week 2							Week 3							Week 4							Week 5							Week 6													
	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN							
Did I remember to take my preventer inhaler today?																																																	

Remember your inhalers and fill in your Asthma Calendar every day to get your reward stickers!

Week 1

Week 2

Week 3

Week 4

Great job, keep going.

Week 5

Week 6

Well done!



Use your Asthma Plan to help you know what to do.

If you have lots of Ns for No then you might like to use a smiley sticker! 😊

If you have some Ns for No and some Ys for Yes you might like to use an OK face. 😊

If you have lots of Ys for Yes this means that your asthma was not good this week and you might like to use a sad face. 😞

If your calendar has lots of 😞 faces and Ys then this means that your asthma is getting worse. Use your Asthma Plan to help you know what to do and whether you need to see your doctor or asthma nurse.

## My feelings

After you have answered the symptoms questions, use your stickers to show how your asthma was today.

## My symptoms

Answer the questions below every day. Put a Y for Yes and an N for No.

- Did I cough today?
- Did I wheeze today?
- Did I find it hard to breathe today?
- Did my chest hurt today?
- Did my asthma stop me from playing, doing sport or having fun?
- Did my asthma wake me up last night?
- Did I use my blue reliever inhaler today?

## My Asthma Calendar

This is your Asthma Calendar. Remember to fill it in every day. This will help you to know when your asthma is getting better or worse.

Here is an example of a week that has been filled out so you can see how your calendar works:

### My symptoms (Write Y for Yes and N for No)

Week 1

MON	TUE	WED	THUR	FRI	SAT	SUN
N	Y	N	N	Y	N	N

Did I cough today?

### My feelings

Good 😊 OK 😊 Not Good 😞

Week 1

MON	TUE	WED	THUR	FRI	SAT	SUN
😊	😊	😊	😊	😊	😊	😊

How was my asthma today?

### My rewards (✓ for Yes and ✗ for No)

Week 1

MON	TUE	WED	THUR	FRI	SAT	SUN
✓	✗	✗	✗	✗	✓	✓

Did I remember to take my preventer inhaler today?



What will your reward be?

Where will you put your Asthma Calendar?

- Agree with your family when and how you will be rewarded.
- Remember your inhalers and complete your Asthma Calendar every day, to get your reward.
- Place the reward sticker in the space for that week.
- Collect your reward!



### Get started!

You will need to talk to your mum, dad or carer to agree when you get your reward and what it will be.

To help you remember to take your inhaler and fill out your Asthma Calendar, we have included a reward system for you. At the end of each week there is a space for a reward sticker.

## My rewards

## Reminder stickers

It can be hard to remember to take your inhaler every day so we have included some reminder stickers so you don't forget. Make sure you stick them where they won't be missed. Here are a few suggestions:

- On the bathroom mirror to remind you when you are cleaning your teeth.
- Near your bed (next to your light or alarm clock).
- Next to your front door (to help you remember your inhaler before you leave the house).
- On the fridge, TV or games station.
- On your pencil case or school bag.

Check with your mum, dad or carer before you stick them down.

