

# Monthly Symptom Record

To help you and your doctor manage your COPD,\* it is a good idea to keep track of your symptoms. This Monthly Symptom Record will help you do that. Below, check off the symptoms you had over the past month. Bring this sheet with you on your next visit to your healthcare practitioner (prak-tih-shun-er).

Name \_\_\_\_\_

Month \_\_\_\_\_

Year \_\_\_\_\_

## Symptoms

Check the box next to the symptoms you had this month.

- Shortness of breath
- Cough
- Producing sputum (phlegm)
- Wheezing
- Tightness in chest
- Weight loss
- Feeling sad or depressed

## Did You Know?

Bringing a record of your symptoms to your visits will help your healthcare practitioner decide how well your treatment plan is working.

## Irritants or Things That Made Symptoms Worse

Check the box next to each thing that made you feel worse this month.

- Respiratory (ress-per-uh-tor-ee) infections
- Exercise
- Changes in the weather
- Indoor or outdoor air pollution
- Exposure to cigarette or other smoke
- Exposure to things that cause allergies
- Chemicals or other irritants at work
- Worry or stress
- Other/something else

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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