



- Fill in the date each day.
- Fill in your child's peak flow reading using the peak flow meter. Measure peak flow readings before your child takes any asthma medicines.
- Compare the peak flow readings to the asthma zones listed on your child's Asthma Action Plan.
- Fill in the amount of quick-relief medicine(s) used over the past 24 hours.
- Check off any asthma symptoms your child had during the day.
- Remember to take this asthma tracker to appointments with your child's health care professional so he or she can review it with you.

Notes



merckEngage®
Health Partnership Program

Asthma Tracker

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date (mm/dd)	/	/	/	/	/	/	/
Time	: AM PM	: AM PM	: AM PM	: AM PM	: AM PM	: AM PM	: AM PM
Peak flow reading							
Quick-relief medicine	() puffs	() puffs	() puffs	() puffs	() puffs	() puffs	() puffs
Symptoms							
Cough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wheeze	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shortness of breath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chest tightness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nighttime awakening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Interference with normal activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Possible triggers							

This tracker is meant to assist, not replace, the clinical decision-making required to meet your child's individual needs. Not all children have the above symptoms. Symptoms may vary from 1 asthma flare-up to another and differ in how often they occur.

