Key Questions
Here are some ideas to talk about with your doctor at your next asthma checkup.

What do I need to know?
What is asthma?
What makes my asthma worse?
Can I tell if an asthma attack is coming?
Will I always have asthma?

How can I keep my asthma under control?
How and when should I take my asthma medicines?
What kinds of asthma medicines am I taking (quick relief, controller, etc.)?
What can I do at home, at work or school to make my asthma better?
Do I have to limit any of my activities?
When should I get help from a doctor or hospital for my asthma?
How often should I see my doctor for asthma check-ups?

Why will this help me?
Why do I need to keep away from my asthma triggers?
Why is it important to take my medicines the right way?
What can I expect to happen if I do all, or most, of these things?
What can I expect to happen if I don't?
**Trigger Tracker**

Use this tool to keep track of your triggers. Bring it to your next asthma checkup.

Date: ______________________

Where was I when my asthma got worse?

- Home
- Work
- School
- Outdoors

Other: _________________________________________

When did my asthma get worse?

- Morning
- Afternoon
- Evening
- Night

What was around me or what was I doing when my asthma got worse?

- Smoke
- Pets
- Pests
- Food

- Cleaning
- Dust
- Colds/Flu
- Mold

- Exercising
- Hot or cold weather
- Sleeping
- Laughing

Other: _________________________________________

How were my symptoms?

- OK
- Mild
- Bad

What did I do about my asthma today?

- Controller medicine
- Quick relief medicine
- Doctor