



# COPD DIARY

A great way to help you manage COPD is to keep a daily record of your symptoms, diet and activity levels. This can help both you and your doctor monitor your progress and recognize when it's time to reassess your treatment.

| DAY       | SYMPTOMS<br>(coughing, wheezing,<br>phlegm, etc.) | BREAKFAST/<br>LUNCH | DINNER | SYMPTOMS<br>WORSE<br>w/ ACTIVITY | DAILY<br>ACTIVITIES | EXERCISE | MEDICATIONS |
|-----------|---------------------------------------------------|---------------------|--------|----------------------------------|---------------------|----------|-------------|
| MONDAY    |                                                   |                     |        |                                  |                     |          |             |
| TUESDAY   |                                                   |                     |        |                                  |                     |          |             |
| WEDNESDAY |                                                   |                     |        |                                  |                     |          |             |
| THURSDAY  |                                                   |                     |        |                                  |                     |          |             |
| FRIDAY    |                                                   |                     |        |                                  |                     |          |             |
| SATURDAY  |                                                   |                     |        |                                  |                     |          |             |
| SUNDAY    |                                                   |                     |        |                                  |                     |          |             |