



COPD DAILY SYMPTOM LOG


All Clear Zone


**CONTINUE
ACTIVITIES AS USUAL**

- No fever
- No increase in shortness of breath
- No increase in the amount, thickness or color of mucous (phlegm or sputum)


Warning Zone

CALL YOUR DOCTOR IF YOU HAVE:

- More trouble breathing than usual
- New cough, or a cough that is worse than usual
- A change in color, amount, or thickness from normal mucous (phlegm or sputum)
- Fever above 100.4° Fahrenheit


Medical Alert Zone

**GO TO THE EMERGENCY ROOM OR
CALL 911 IF YOU HAVE:**

- Struggling to breathe or can't catch your breath
- Heart is "racing"
- Can't think clearly or feeling confused
- Feeling dizzy or lightheaded
- Have sudden chest pain that does not go away

Use These Questions to Determine Your Zone

- ? Have you used your **rescue inhalers** or oxygen more often?

? Is there any change in your **breathing**?

? Are you able to participate in **usual daily activities**?
- ? Do you have **chest pain**? Is this new or more frequent?

? Any changes in color, amount, or thickness from your **mucous**?

? Any changes in your **appetite**?

Name _____

Month, Year _____

Date	Symptoms
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Date	Symptoms
11	
12	
13	
14	
15	
16	
17	
18	
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20	

Date	Symptoms
21	
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