



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