

# Symptoms diary

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Date symptom starts	What's the symptom? <i>(breathlessness, cough, wheeze, more sputum)</i>	Time of day when it occurs?	How often does it occur?	What helped me manage it?	Has this symptom been brought on by anything? <i>(activity, rest, weather, stress...)</i>	Has there been any change in this symptom? <i>(Same, better or worse than normal)</i>
20/04/18	Wheezing	Morning	Once a day	I used my inhaler	After lying down	Same as normal