Colorado Allergy & Asthma Centers, P.C.

Symptom Monitoring Calendar

Triggering Factors:
A - Activity
B - Animal Exposure
C - Smoke or Irritant
D - Allergy Injection
E - Other

Month _____ Name _____
Year _____ Birthdate _____

Scoring:
1 = Mild
2 = Moderate
3 = Severe

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	55	26	27	28	29	30	31
Wheezing	**AM**																															
	PM																															
Coughing	**AM**																															
	PM																															
Eyes	**AM**																															
	PM																															
Nose	**AM**																															
	PM																															
Skin	**AM**																															
	PM																															
Others	**AM**																															
	PM																															
Infections or colds																																
Triggering factors																																
Medications (list)																																