

# My Asthma Goals — What Are They?

You are the most important person in managing your asthma. Talk with your provider to help you choose one or more goals you are ready to work on now.

- 1 Asthma Symptoms**
- I will have infrequent or no asthma symptoms (wheezing, coughing, shortness of breath, or chest tightness).
  - I will sleep through the night without waking up because of asthma symptoms.
  - I will \_\_\_\_\_

- 2 Daily Preventive Asthma Medicine**
- I will take my daily preventive asthma medicine(s) as directed every day, even when I feel fine.
  - I will ask questions when I don't understand my provider's instructions.
  - I will \_\_\_\_\_

- 3 Rescue Inhaler Medicine**
- I will carry my rescue inhaler medicine with me and use it for sudden asthma symptoms.
  - I will tell my provider if I use my rescue inhaler more than 2 days in a week.
  - I will \_\_\_\_\_

- 4 Peak Flow Monitoring**
- I will check my peak flow levels as directed.
  - My peak flow numbers will stay in the green zone (at least 80% of my personal best peak flow).
  - I will follow my asthma action plan if my peak flow or asthma symptoms are in the yellow or red zone.
  - I will \_\_\_\_\_

- 5 Daily Activities**
- I will take part in my usual activities.
  - I will tell my provider if asthma gets in the way of my work, home life, or school.
  - I will \_\_\_\_\_

- 6 Provider Visits**
- I will keep my provider appointments even when I feel fine.
  - I will talk with my provider about my symptoms and ways to manage my asthma using my asthma action plan.
  - I will \_\_\_\_\_

- 7 Asthma Triggers**
- I will find out what makes my asthma worse and try to avoid these things.
  - I will \_\_\_\_\_

- 8 Help From Others**
- I will talk with family and friends about how it feels to have asthma.
  - I will join an asthma support group.
  - I will let my provider know if I feel moody, blue, or stressed.
  - I will \_\_\_\_\_

- 9 Asthma Emergencies**
- I will follow my provider's instructions if my asthma or breathing gets worse.
  - I will call 911 and get emergency help right away if my peak flow or asthma symptoms are in the red zone.
  - I will \_\_\_\_\_

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