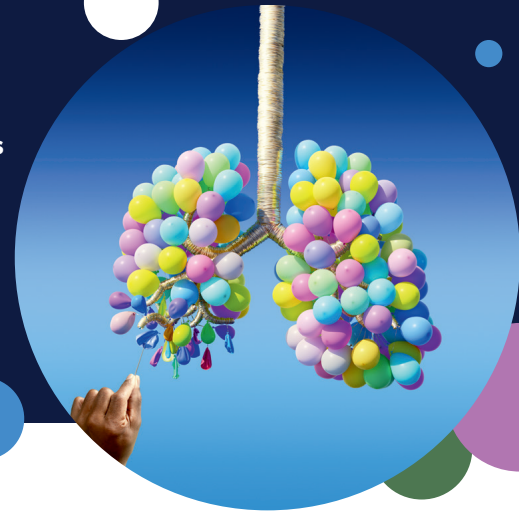


COPD SYMPTOM TRACKER

With chronic obstructive pulmonary disease (COPD), tracking symptoms helps you notice changes that may indicate a condition that's not well controlled.

After tracking your or your loved one's symptoms, use the space below to reflect on how these symptoms may be affecting day-to-day life. You or your loved one can also use this space to write down additional thoughts or questions for your pulmonologist.



TRACK YOUR SYMPTOMS

Each day for the next 2 weeks, record the symptoms you or your loved one experience in the chart below. Take this completed tracker to the next pulmonologist visit to discuss your or your loved one's current condition.

COPD Symptom Tracker Instructions:

- 1. Review symptoms:** Look at each symptom listed.
- 2. Tick the zone:** For each symptom, tick the zone that best describes your condition on that day.
- 3. Count the ticks:** After ticking the boxes, count the number of ticks in each zone.
- 4. Determine your zone:** Write down the total number of ticks for each zone in the boxes at the bottom. The zone with the highest number of ticks indicates your overall condition.

GREEN ZONE
No symptoms

YELLOW ZONE
More symptoms than usual

RED ZONE
Very bad symptoms

Week 1: Week of __ / __ / __							
Symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Cough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phlegm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chest tightness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty breathing during normal activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep affected due to cough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 2: Week of __ / __ / __							
Symptoms	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Cough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phlegm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chest tightness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty breathing during normal activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep affected due to cough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GREEN ZONE
You are in control

YELLOW ZONE
Speak to your doctor today

RED ZONE
Seek medical help immediately

Could my symptoms be a COPD Flare-Up?

Your or your loved one's pulmonologist may give you directions for how to manage a flare-up at home, but sometimes they can be more serious and require medical attention.

Some signs of a flare-up: _____



Persistent cough



Abnormal (high or low pitch) sounds when breathing

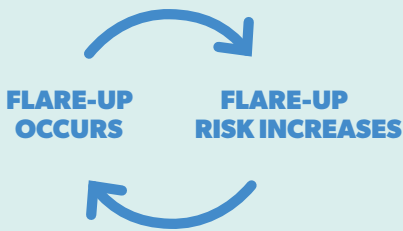


Difficulty breathing during normal activity



Respiratory infection

Did You Know?
Each COPD flare-up can lead to worsening lung function, no matter the severity.¹



Every COPD flare-up increases the risk of having another. It may cause a decline in lung function, which can lead to worsening symptoms and a higher risk of another flare-up.¹

If you or your loved one is living in a spiral of flare-up to flare-up, it may mean that your or your loved one's COPD is uncontrolled.

Talk to your or your loved one's pulmonologist about these symptoms.

NOTES

After tracking your or your loved one's symptoms, use the space below to reflect on how these symptoms may be affecting your day-to-day life. You can also use this space to write down additional thoughts or questions for your or your loved one's pulmonologist, especially if you're frequently visiting the emergency room or urgent care.

Reference:

1. Whittaker H, Rubino A, Müllerová H, et al. Frequency and severity of exacerbations of COPD associated with future risk of exacerbations and mortality: A UK routine health care data study. *Int J Chron Obstruct Pulmon Dis* 2022;17:427–437.