the allergy shop

1 Print out the Trigger Tracker.
2 Write down when reactions occur. This will help you work out the cause of your asthma so you can avoid triggers in the future.
3 Rate your symptoms; 1 = feeling fine 2 = mild 3 = moderate 4 = bad 5 = very bad.

trigger tracker

DATE	TIME	ACTIVITY	SYMPTOMS
			Rating: 1 2 3 4 5
			Rating: 1 2 3 4 5
			Rating: 1 2 3 4 5
			Rating: 1 2 3 4 5
			Rating: 1 2 3 4 5
			Rating: 1 2 3 4 5
			Rating: 1 2 3 4 5