

Impact & Goals Worksheet

Communicating how asthma affects you and creating new goals for life with asthma sometimes can be tough. This worksheet is designed to help you with both. You can share this worksheet with your doctor to help discuss how you can better manage your asthma.

#asthmagoals

The Impact of My Asthma

Think about your symptoms, feelings, and the life changes you've needed to make because of your asthma. Fill in the chart below to help express how asthma impacts you.

When my asthma symptoms are like this...	...I think or feel like this...	...so, I change my life like this...
Example: My coughing keeps me up at night.	Example: Tired, cranky, and concerned.	Example: I miss work, school, or social activities.

It's important for you to communicate how asthma symptoms impact your life. Share your thoughts with your doctor at your next appointment.



My Asthma Goals

You are the most important person in managing your asthma. Talk with your doctor about the goals that are important to you and get help choosing goals you are ready to work on now.

My 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.
- (Write your own) _____

Using My 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 if I don't understand my doctor's instructions.
- (Write your own) _____

Using My Rescue Inhaler

- I will carry my rescue inhaler medicine with me and use it for sudden asthma symptoms.
- I will tell my doctor if I use my rescue inhaler more than 2 days a week.
- (Write your own) _____

My Asthma Triggers

- I will find out what makes my asthma worse and try to avoid these things.
- (Write your own) _____

My Daily Activities

- I will take part in my usual activities.
- I will tell my doctor if asthma gets in the way of my work, home life, or school.
- (Write your own) _____

Asthma Emergencies

- I will follow my doctor'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.
- (Write your own) _____

Share your goals with your doctor at your next appointment. Together, you can plan how to reach these and other goals you may think of.

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