

**ASTHMA MANAGEMENT PROGRAM -- DAILY SELF-MANAGEMENT PLAN**

*(This form is subject to the Privacy Act of 1974. Use blanket PAS-DD Form 2005.)*

PATIENT'S NAME (Last, First, Middle Initial)	SSN	DATE
--	-----	------

**SET TREATMENT GOALS**

- Be free from severe symptoms day and night, including sleeping through the night.
- Have the best possible lung function.
- Be able to participate fully in any activities of your choice.
- Not miss work or school because of asthma symptoms.
- Not need emergency visits or hospitalizations for asthma.
- Use asthma medications to control asthma with as few side effects as possible.

**PERSONAL GOALS**

DAILY MEDICATIONS		
DAILY MEDICATION	HOW MUCH TO TAKE	WHEN TO TAKE IT

**AVOID TRIGGERS**

Avoiding "triggers" of your symptoms is very important to keeping asthma well controlled. There should NEVER be any exposure to tobacco smoke. Whenever possible, avoid wood smoke and strong odors or sprays. There should be minimal exposure to dogs, cats, rabbits, birds and other animals to which you might be allergic. These triggers should be removed from inside of your home or automobile.

YOUR KNOWN TRIGGERS ARE:

---

---

---

---

**RECORD DAILY SELF-MONITORING ACTIONS** (in your asthma diary)

**Peak Flow:** At least every morning when you wake up, before taking your medication, measure your peak flow and record it in your diary. Bring these records, peak flow meter and spacer to your next clinic appointment.

**Symptoms:** Note if you had asthma symptoms (shortness of breath, wheezing, chest tightness, or cough) and rate how severe they were during the day or night (mild, moderate, severe).

**Use of your quick-relief inhaler (bronchodilator):** Keep a record of the number of puffs you need to use each day or night to control your symptoms.

**Actual use of daily medications.**

**Activity restriction.**

**Download any U.S. FedForm (free, fillable, savable in Adobe Reader)!  
Start with the "Flash Demo" at the top of the following page:  
[www.usa-federal-forms.com](http://www.usa-federal-forms.com)**

**Convert any fillable PDF form to savable (locally, in Adobe Reader):  
[www.savePDF.com](http://www.savePDF.com)**

**Convert any document (in any format) to PDF fillable and savable:  
[www.FillinDocs.com](http://www.FillinDocs.com)**

**All (10's of 1,000's) U.S. Federal Forms already fillable, savable:  
[www.usa-federal-forms.com](http://www.usa-federal-forms.com)**

---

### **About the ITAOP/savePDF Method**

The traditional Field-by-Field creation process is extremely ineffective and slow.

The only realistic option to create high-quality forms is the Insert-Text-Anywhere-on-Page (ITAOP) method.

The field creation process is about 10,000 times faster than the traditional method; the list of ITAOP features is not even available for the traditional method.

ITAOP savePDF method proved to be very simple and completely reliable for millions of users all over the world (incl. individuals, companies, organizations, government employees).