

# 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.

Week 1 : Week of <u>01 / 01 / 2024</u>							
Symptoms	Date: 01/01	Date: 01/02	Date: 01/03	Date: 01/04	Date: 01/05	Date: 01/06	Date: 01/07
Persistent cough	X				X		
Abnormal (high or low pitched) sounds when breathing	X			X			X
Difficulty breathing during normal daily activity				X			
Respiratory infection			X			X	

**Example:**

Week 1 : Week of <u>  /  /  </u>							
Symptoms	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Persistent cough							
Abnormal (high or low pitched) sounds when breathing							
Difficulty breathing during normal daily activity							
Respiratory infection							

Week 2 : Week of <u>  /  /  </u>							
Symptoms	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Persistent cough							
Abnormal (high or low pitched) sounds when breathing							
Difficulty breathing during normal daily activity							
Respiratory infection							

# 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.



**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.

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.

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Don't be afraid to advocate about your or your loved one's symptoms. Be prepared to start the conversation by scanning the QR code to download a doctor discussion guide before your or your loved one's next appointment.

For additional resources or to learn more about COPD, visit

**LivewithCOPD.com**