

Asthma Tracker

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SYMPTOMS														
	Mond	ay	Tuesd	ay	Wednesday Thursday		Friday		Saturday		Sunday			
	day	night	day	night	day	night	day	night	day	night	day	night	day	night
Cough														
Wheeze														
Breathing Problems														

	PEAK FLOW READINGS													
Monda	У	Tuesda	У	Wedne	Wednesday Thu		hursday Friday		riday Sa		Saturday		Sunday	
day	night	day	night	day	night	day	night	day	night	day	night	day	night	
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TRIGGERS										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			

MEDICINE											
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				