RESPIRATORY SYMPTOM DIARY: WWW.BREATHINGDIARY.COM

Dr Kondekar's, Cough, Cold, Wheeze Clinic NIGHT=10PM TO 10 AM

PLEASE MARK EVERY DAY, √ FOR PRESENT, - OR 0 FOR ABSENT, * FOR PERSISTENT OR SERIOUS ISSUE

DATE MONTH	Nose : Sneeze, runny, stuffy, blocked, (Sardee)		Cough: dry or wet, harsh or soft, episodes or bouts (khansee)		Noisy Breathing (Kharkhar)		Wheezing (Gharghar)* or breathlessness or chest tightness		Fever		PEFR	PUFFS or sprays IN A DAY
	DAY	NIGHT	DAY	NIGHT	DAY	NIGHT	DAY	NIGHT	DAY	NIGHT		

Chart this diary every day morning after waking up, and not as and when the child has symptoms. This is a daily recall diary, and hence is very convenient to use. Night is taken as symptoms from 10 pm to 10 am , as asthma allergy related symptoms , tonsil related symptoms and heart related symptoms are likely to aggrevate in night due to various reasons. For details call dr SK 9869405747 breathingdiary.com