

# ASTHMA SELF-MANAGEMENT GOALS

➤ Be more active without asthma bothering me.



➤ Handle outdoors more easily.



➤ Not wake up at night coughing.

➤ Don't cause my friends/family to worry about my asthma.



➤ Manage my asthma better.

➤ Reduce my smoking to \_\_\_\_\_.

➤ Quit smoking by \_\_\_\_\_.



➤ Get a flu shot this year.



➤ Breathe easier.

➤ Learn to use a peak flow meter.



➤ Feel more energetic.

➤ Remember to use my controller meds.



➤ Tell the difference between my medications.

➤ Learn to use an inhaler correctly.



➤ Get a spirometry test.

➤ Feel better most days.

