



My Asthma Goals—What Are They?

You are the most important person in controlling your asthma. Talk with your doctor to help you choose one or more goals you are ready to work on now.

Goal 1



Asthma Flare-ups

- I will have no asthma flare-ups (wheezing, coughing, shortness of breath, or chest tightness).
- I will sleep through the night without waking up because of asthma symptoms.

Goal 2



Controller Medicine

- I will take my controller medicine(s) as directed every day, even when I feel fine.
- I will ask questions when I don't understand my doctor's instructions.

Goal 3



Quick-Relief (Rescue) Medicine

- I will carry my quick-relief medicine with me and use it at the FIRST sign of asthma flare-ups.
- I will contact my doctor if I use my quick-relief medicine more than 2 times a week over the course of a month.

Goal 4



Peak Flow Monitoring

- I will check my peak flow levels as directed.
- My peak flow numbers will stay in the green zone (at least 80% of personal best peak flow).
- I will check my Asthma Action Plan if my peak flow is in the yellow or red zone.
- I will call my doctor if my peak flow number is in the red zone.

Goal 5



Daily Activities

- I will take part in my usual activities.
- I will tell my doctor if asthma gets in the way of my work, home life, or studies.



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Goal 6



Doctor Visits

- I will keep my doctor appointments even when I feel fine.
- I will ask my doctor if I have the right medicines.
- I will talk with my doctor about ways to manage my asthma using my Asthma Action Plan.

Goal 7



Asthma Triggers

- I will find out what makes my asthma worse and try to avoid these things.

Goal 8



Social Support

- I will talk to family and friends about how asthma makes me feel.
- I will consider joining an asthma support group.
- I will let my doctor know if I feel sad or blue.

Goal 9



Asthma Emergencies

- I will follow my doctor's instructions if my asthma or breathing gets worse.
- I will get emergency help right away if my peak flow is in the red zone.