









Controller Medication Dose Tracker – Morning & Evening



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of: 							
	Week of: 						
Week of: 							
	Week of: 						
Week of: 							
	Week of: 						
Week of: 							
	Week of: 						

*Do you ever have moments where you forget if you took your medication?
Do you ever wonder if someone else gave your child their medication as you told them?
If yes, then use this dose tracker to help!*

How to use the Controller Medication Dose Tracker

Write the number on the dose counter after the time you take the controller medicine in the does tracker to the left. Make sure you take the exact amount that is prescribed by your doctor. Even when you feel like your asthma is under control, you still need to take your controller medication everyday!

MONTH: _____



Helpful Controller Medication Tips & Info

1. Why use a controller?

When controllers are used correctly over time they will prevent you from coughing, wheezing, and shortness of breath.

Controller medications prevent the inflammation in your air tubes in your lungs.

Controllers must be used 1 or 2 times a day, as instructed by your doctor, to work correctly and prevent asthma episodes.

2. Difference between a controller and a rescue inhaler

Controller	Rescue
Taken everyday	Only Taken when coughing, wheezing, or shortness of breath.
Will prevent and control asthma symptoms	Will relax the muscles in the airways
It will NOT help when you are coughing or short of breath.	

3. Keep track of the count on your medication

When the number gets to 20, make sure to order a refill of the medication.

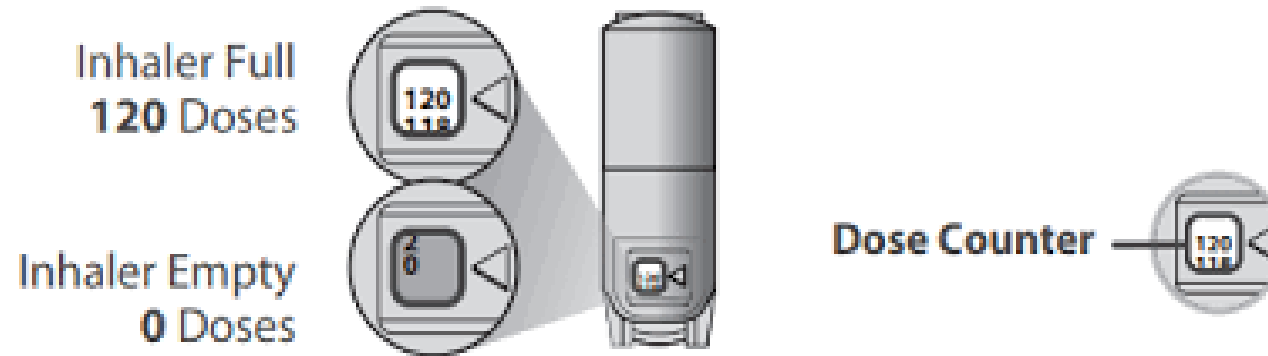


Figure B