**DAILY COPD LOG**

**INFORMATION**

Name: Date:

**Why are you seeing the doctor?**

- [ ] Scheduled checkup
- [ ] Worsening or new symptoms
- [ ] Side effects from treatment
- [ ] Other:

**SYMPTOMS**

What COPD symptoms have you had since your last visit? *(Check all that apply.)*

- [ ] Breathlessness
- [ ] Cough
- [ ] Excess mucus
- [ ] Chest tightness
- [ ] Wheezing
- [ ] Other:

How much are these symptoms bothering you?

- [ ] Not very much
- [ ] Moderately
- [ ] A lot

Compared to how you felt during your last visit, are your symptoms better or worse now?

- [ ] Better
- [ ] The same
- [ ] Worse

What activities make you feel breathless? *(Check all that apply.)*

- [ ] An intense workout
- [ ] Walking up the stairs
- [ ] Walking across a room
- [ ] Any activity, like getting dressed

Do you think your symptoms are interfering with any of the following? *(Check all that apply.)*

- [ ] Exercise
- [ ] Sleep
- [ ] Work
- [ ] Mood
- [ ] Appetite
- [ ] Daily life

**TREATMENT**

What medicines are you taking? *(List additional medicines on the other side)*

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<th>Name</th>
<th>Dosage</th>
<th>Frequency</th>
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Do you feel like your treatments have been helping?

- [ ] Yes
- [ ] Somewhat
- [ ] No
- [ ] Not sure

Have you been taking your medicines as prescribed?

- [ ] Yes
- [ ] Usually
- [ ] No

Do you use oxygen? *(Check all that apply.)*

- [ ] All the time
- [ ] During exercise
- [ ] While I sleep
- [ ] I don't use my oxygen

If you haven't been using your prescribed treatments, why not? *(Check all that apply.)*

- [ ] Side effects
- [ ] High cost
- [ ] Forgetfulness
- [ ] Difficult using treatment

If you have been having side effects from your treatments, describe them.

**LIFESTYLE**

How often do you exercise?

- [ ] Most days
- [ ] A few times a week
- [ ] Occasionally
- [ ] Never

How much do you smoke?

- [ ] Never
- [ ] Occasionally
- [ ] __________ cigarettes per day

**COMMENTS AND QUESTIONS FOR YOUR DOCTOR**

**SOURCES:**
Norman Edelman, MD, chief medical officer, American Lung Association.
Gail Weinmann, MD, deputy director, NHLBI's Division of Lung Diseases, Washington D.C.
American Lung Association.
Global Initiative for Chronic Obstructive Lung Disease.
National Heart Lung and Blood Institute.

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