

Monthly Inhaler Tracker



Mon	Tue	Wed	Thu	Fri	Sat	Sun

Month _____

Total Use This Month _____

Am I using my reliever inhaler too often?

You should use your inhaler only when required and as directed by your GP or Asthma nurse. This is usually no more than 4 times a day.

If you are needing to use your inhaler more than usual, you should book in for an asthma review as it can be a sign your asthma is not well controlled.