

Ways to Manage Your Asthma

These topics are very important to your health.
 No patient does these perfectly.
 It's best to work on one at a time.
 You won't be pushed into changing.
 Which one do you want to discuss?



MEDICATIONS



OTHER



ACTIVITY



SMOKING

ENVIRONMENTAL TRIGGERS



PETS



FLOWERS



BEDDING

How ready are you to make a change?

Not ready			Unsure					Ready		
0	1	2	3	4	5	6	7	8	9	10

One thing I would like to do: *Example: Be more active*

My specific plan is: *Example: Walk 4 times a week*

When I will do it: *Example: Mornings before breakfast*

Where I will do it: *Example: At the park*

How often I will do it: *Example: Monday thru Thursday*

What might get in the way of my plan: *Example: If it's raining*

What I can do about it: *Example: I'll walk on the treadmill at the gym*

How confident are you about changing?

Not confident at all				Unsure			Extremely confident			
0	1	2	3	4	5	6	7	8	9	10



..... **WNC Pediatric Care Collaborative**