

My Asthma

treatment goals

Print the following checklist to start a conversation with your doctor about an Asthma Action Plan that will work for you. There's even room to add specific goals to fit your individual needs.

- Fewer asthma symptoms**
- Fewer missed days of work or school**
- More nights without asthma symptoms**
- More potential to take part in physical activities**
- Fewer emergency room visits**

Additional goals:

- _____
- _____
- _____
- _____

For more asthma resources, please visit ASTHMyths.com.



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