

Name :



Respiratory Health Char Daily time \_\_\_\_ Start date: \_\_\_\_\_

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45						
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SNEEZING																																																			
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NASAL CONGESTION																																																			
FEVER																																																			
COUGH																																																			
CHEST TIGHTNESS																																																			
RUNNY NOSE																																																			
COLD/FLU																																																			
STEROID INHALER																																																			
BRONCHODILATOR																																																			
CHINESE HERBS																																																			

Please mark in the chart above any symptoms that you experience