

## Bronchiectasis Symptom and Therapy Tracker

This bronchiectasis symptom and therapy tracker was designed for those who wish to track their symptoms and bronchiectasis management.

**Check a box each day to track how you feel overall.**

*(If you have 3 or more yellow days in a row, notify your health care provider of changes in your symptoms and refer to the Bronchiectasis Action Plan.)*

Month	Days of the month	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	
How I feel today	Normal																																
	I don't feel well																																

### Airway Clearance Tracker

*(If you find that you need to perform airway clearance more than 3 times a day for three days, notify your health care provider of this change.)*

Month	Days of the month	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
Time of day	Morning																															
	Evening																															
	Extra																															

### Daily Activity Log

Month	Days of the month	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	
Type of Exercise	Walking																																
	Weightlifting																																
	Yoga																																
	Biking																																