



Weekly Breathing Log

for

MANAGING RESPIRATORY CONDITIONS



Record relevant details daily and bring all completed logs to your next appointment.

Week Ending Date [/ / 20]						
Oxygen saturation (SpO2)				[] Prescribed		[] Not Applicable
[%]	Sun [%]	Mon [%]	Tue [%]	Wed [%]	Thu [%]	Fri [%] Sat
Breathing effort — N(ormal) / M(oderate) / S(evere)						
[]	Sun []	Mon []	Tue []	Wed []	Thu []	Fri [] Sat
New or unusual sounds — W(heezing) / C(rackling) / N(one)						
[]	Sun []	Mon []	Tue []	Wed []	Thu []	Fri [] Sat
Cough — None / Occasional / Frequent						
[]	Sun []	Mon []	Tue []	Wed []	Thu []	Fri [] Sat
Medications taken as prescribed						
[]	Sun []	Mon []	Tue []	Wed []	Thu []	Fri [] Sat
Equipment used — C(PAP) / N(ebulizer) / O(xygen) (mark all that apply)						
[]	Sun []	Mon []	Tue []	Wed []	Thu []	Fri [] Sat
Sleep quality — P(oor) / F(air) / G(ood)						
[]	Sun []	Mon []	Tue []	Wed []	Thu []	Fri [] Sat
Notes						

****NOTE****

This resource supports, but does not replace, guidance from a qualified healthcare provider.
Share it with your care team — do not use it to adjust treatment on your own.