

INSTRUCTIONS

This diary can help you and your healthcare provider identify patterns or triggers for your chronic cough, which can help guide evaluation, management or treatment decisions. However, please note that this table is not a substitute for medical advice. If your symptoms are severe or worsening, it's important to seek medical attention.

You can print out this table and fill it out daily. Here's what each column means:

1. **Date:** The current date when you're logging the symptoms.
2. **Time:** The time when the symptom occurred.
3. **Symptom:** The symptom you're tracking (e.g., cough, headache, fatigue, etc.).
4. **Intensity (1-10):** How severe the symptom was, on a scale of 1 to 10, with 1 being very mild and 10 being the worst possible.
5. **Duration:** How long the symptom lasted.
6. **Associated Symptoms:** Any other symptoms you noticed when the main symptom occurred.
7. **Possible Triggers:** Anything that you think might have triggered the symptom.
8. **Relieved By:** Any actions that seemed to help alleviate the symptom.
9. **Medication Taken:** Any medication you took for the symptom, if any.
10. **Additional Notes:** Any other observations you want to note down.

If you're sharing this with a healthcare provider, be sure to check with them to see if there's anything else they want you to track.