



Children's Mercy

Your name: _____





















































































My Asthma Controller Calendar

Month: _____ Year: _____



Medicine I should take every day:

Put a sticker on the sun when you take your medicine in the morning, and a sticker on the moon when you take it at night. Fill the calendar with stars!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 

Bring this calendar to your doctor and show what a great job you have done!