

RESPIRATORY SYMPTOM DIARY: दैनिक स्मरण ब्रीथिंग डायरी WWW.BREATHINGDIARY.COM													
Dr Kondekar's, Cough, Cold, Wheeze Clinic										NIGHT=10PM TO 10 AM			
PLEASE MARK EVERY DAY, V FOR PRESENT, - OR 0 FOR ABSENT, * FOR PERSISTENT OR SERIOUS ISSUE													
तारीख	नाकसे सर्दी		गलेकी खांसी		खरखर सांस की आवाज़		घरघर सिटी की आवाज़ or दम लगना or छाती जाम		बुखार		फूकने की ताकत	श्वास दवा	
	दिन	रात	दिन	रात	दिन	रात	दिन	रात	दिन	रात			

Chart this diary every day morning after waking up, and not as and when the child has symptoms. This is a daily recall diary, and hence is very convenient to use. रात का मतलब १० से १० तक, as asthma allergy related symptoms , tonsil related symptoms and heart related symptoms are likely to aggravate in night due to various reasons. For details call dr SK 9869405747 **breathingdiary.com**