



Petal flow 


Pollen 


Coughing 

Air temperature 


Stress 


Air pollution 


Activity path 

Dust 

FeNO 


Humidity 


Exercise intensity 

Steady course logs 

Sleep pattern 


Inhaler technique 

Flu vaccine taken 

Medication for other conditions 

Smoking cessation 

Animal fur or feathers 

No. of puffs (blue inhaler) 

No. of puffs (brown inhaler) 