

SMART: Single Maintenance and Reliever Therapy

How to Track SMART Doses (Ages 6-11)



Use a **SMART** puffer (inhaler) with a spacer (valved holding chamber) daily **and** when you start having breathing trouble, like coughing, wheezing or chest feels tight.

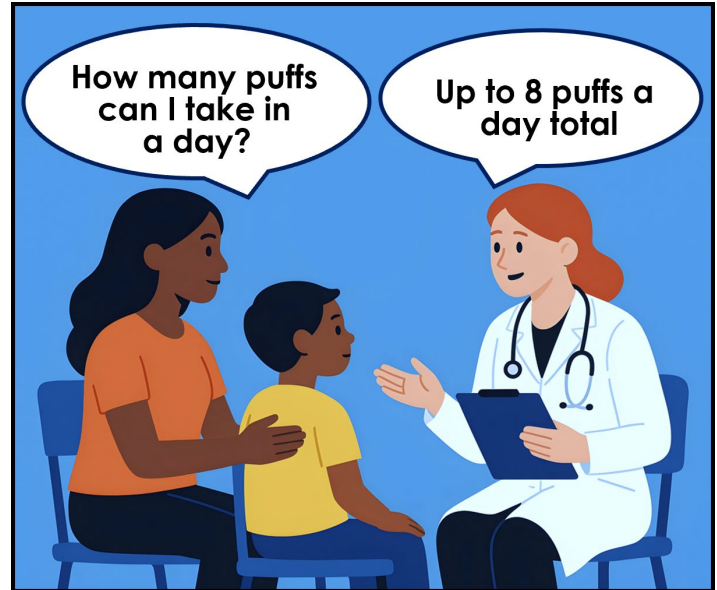
Follow your asthma action plan!

- The most you can take is **up to 8 puffs a day**.
- Call your doctor if you need to take extra puffs **more than two days in one week or need 8 puffs in one day**.

8 puffs total every day

— **number of puffs for daily control**

number of puffs you can use for rescue/reliever



EXAMPLE

Daily Puffs - 2			Extra Rescue/Reliever $8 - 2 = 6$ rescue puffs
Doctor's order	A.M. daily	P.M. daily	
One puff two times a day	1 puff	1 puff	

✓ I take ____ puff(s) ____ time(s) **every day**.

✓ I have ____ puffs every day that I can use for **rescue/reliever** if I need to.

Date	A.M. daily	1	2	3	4	5	6	7	P.M. daily

Single Maintenance and Reliever Therapy (SMART) Dose Tracking Sheet (Ages 6-11)

I take ____ puffs
____ times every day
as my daily medication.

I have ____ puffs every
day that I can use for
rescue/reliever.

Call your doctor if you need to
take extra doses **more than
two days in one week or
need 8 puffs in one day.**

Date	A.M. daily	1	2	3	4	5	6	7	P.M. daily



**What starts
my asthma?**

**Notes about
my asthma**

