Air quality and nasal symptoms log

Week of _____ Area and index _____

Check-in date and time	Reading date and time	Source, index and band	Indoors or outdoors	What I noticed

Label a forecast as a forecast. Use the same index and provider for comparisons. Leave unavailable readings and missed check-ins marked separately.

Personal observations only. Not clinically reviewed. These sheets do not diagnose symptoms or replace your care team’s instructions. Do not delay care to complete a diary.