Room conditions and nasal symptoms log

Week of _____ Meter or source _____

Date, time and room	Indoor reading and meter location	Heat or window	Damp signs or irritants	Symptoms and onset

Keep outdoor weather in a separate note. Mark indoor humidity “not measured” if you didn’t use a meter.

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.