



Act now!

asthma
control
.com

How to take the Asthma Control Test™

Step 1. Write the number of each answer in the score box provided.

Step 2. Add up each score box for your total.

Step 3. Take the test to your doctor to talk about your total score.

1. In the past **4 weeks**, how much of the time did your **asthma** keep you from getting as much done at work, school or at home?

All of the time	1	Most of the time	2	Some of the time	3	Not much of the time	4	Not at all	5	SCORE	<input type="text"/>
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2. During the past **4 weeks**, how often have you had shortness of breath?

More than once a day	1	Once a day	2	3 to 6 times a week	3	Not every day	4	Not at all	5	<input type="text"/>
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3. During the past **4 weeks**, how often did your **asthma** symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

4 or more nights a week	1	2 or 3 nights a week	2	Once a week	3	Not every day	4	Not at all	5	<input type="text"/>
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4. During the past **4 weeks**, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

3 or more times per day	1	1 or 2 times per day	2	2 or 3 times per week	3	Not every day	4	Not at all	5	<input type="text"/>
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5. How would you rate your **asthma** control during the **past 4 weeks**?

Not controlled at all	1	Poorly controlled	2	Somewhat controlled	3	Well controlled	4	Very well controlled	5	<input type="text"/>
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If your score is 19 or less, your asthma may not be controlled as well as it could be.

TOTAL

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The Asthma Control Test is for people with asthma 12 years and older.