

Take the Asthma Control Test (ACT) for people 12 yrs and older.

Know your score. Share your results with your doctor.

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 the doctor to talk about your 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	A little of the time	④	None of the time	⑤
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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	Once or twice a week	④	Not at all	⑤
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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	Once or twice	④	Not at all	⑤
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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 a week	②	2 or 3 times per week	③	Once a week or less	④	Not at all	⑤
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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	④	Completely controlled	⑤
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Score	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
Total	<input type="text"/>

If your score is 19 or less, your asthma may not be controlled as well as it could be.

Concerns about my asthma that I would like to discuss with my doctor are....
