

# ClarityDTX | COPD Action Plan

Print this page. Fill in one row per day (or per event). Bring to your next appointment.

Zone	Symptoms	Inhalers	Action

Quick Reference: Green: daily maintenance. Yellow: increase rescue inhaler, call provider. Red: emergency, call 911.

Free mobile app: [claritydtx.com/copd/](http://claritydtx.com/copd/) | Free Notion template: [clarityapps.notion.site](http://clarityapps.notion.site)