

ClarityDTX | COPD Symptom Tracker

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

Date	Breathlessness (0-10)	Cough	Sputum Color	SpO2%	CAT Score	Notes

Quick Reference: Yellow/green sputum may signal exacerbation. SpO2 below 92% needs urgent attention. Track CAT score monthly.

Free mobile app: claritydtx.com/copd/ | Free Notion template: clarityapps.notion.site