



# INHALER DOSE TRACKING SHEET

Inhaler Name/Colour: \_\_\_\_\_

Cross off the next number when a dose is used

200	175	150	125	100	75	50	25
199	174	149	124	99	74	49	24
198	173	148	123	98	73	48	23
197	172	147	122	97	72	47	22
196	171	146	121	96	71	46	21
195	170	145	120	95	70	45	20
194	169	144	119	94	69	44	19
193	168	143	118	93	68	43	18
192	167	142	117	92	67	42	17
191	166	141	116	91	66	41	16
190	165	140	115	90	65	40	15
189	164	139	114	89	64	39	14
188	163	138	113	88	63	38	13
187	162	137	112	87	62	37	12
186	161	136	111	86	61	36	11
185	160	135	110	85	60	35	10
184	159	134	109	84	59	34	9
183	158	133	108	83	58	33	8
182	157	132	107	82	57	32	7
181	156	131	106	81	56	31	6
180	155	130	105	80	55	30	5
179	154	129	104	79	54	29	4
178	153	128	103	78	53	28	3
177	152	127	102	77	52	27	2
176	151	126	101	76	51	26	1

Inhaler Name/Colour: \_\_\_\_\_

Cross off the next number when a dose is used

200	175	150	125	100	75	50	25
199	174	149	124	99	74	49	24
198	173	148	123	98	73	48	23
197	172	147	122	97	72	47	22
196	171	146	121	96	71	46	21
195	170	145	120	95	70	45	20
194	169	144	119	94	69	44	19
193	168	143	118	93	68	43	18
192	167	142	117	92	67	42	17
191	166	141	116	91	66	41	16
190	165	140	115	90	65	40	15
189	164	139	114	89	64	39	14
188	163	138	113	88	63	38	13
187	162	137	112	87	62	37	12
186	161	136	111	86	61	36	11
185	160	135	110	85	60	35	10
184	159	134	109	84	59	34	9
183	158	133	108	83	58	33	8
182	157	132	107	82	57	32	7
181	156	131	106	81	56	31	6
180	155	130	105	80	55	30	5
179	154	129	104	79	54	29	4
178	153	128	103	78	53	28	3
177	152	127	102	77	52	27	2
176	151	126	101	76	51	26	1

- Inhalers can continue to spray even when there is no medicine left in the puffer
- **Reliever** medicines (blue) often start with 200 doses
- **Controller** medicines (orange, beige, red, pink) often start with 120 doses but you can check on the metal canister to find the starting number of doses