



Study ID Number:

Practice no:

Patient Initials:

Date:

Laminated sheet of example targets used? Yes

No

Thank you for taking part in the ELEVATE study.

If you have any questions you need answering about this study please ring and speak to:

At your GP practice:

At UEA: 01603 591106

THANK YOU AGAIN.....PLEASE NOW GO ON TO COMPLETE THE QUESTIONNAIRE BELOW AND ON THE NEXT FEW PAGES

PERSONAL OBJECTIVES FOR YOUR ASTHMA (THERMOMETER SCALES)

Please think about three things you would like to be better about your asthma. This may be things or activities that asthma causes you difficulty doing or particular problems asthma causes for you.

It really does not matter what you choose as long as they are three things which are IMPORTANT to YOU.

When you have written in your targets below, please draw a line on the thermometer like scales below where you feel you are at present. As the study goes on you will be asked again to do this, and we will remind you next time of the three targets you have chosen.

Your targets:	Thermometer scales (0 not met at all – 100% fully met)
1	
2	
3	

Office Use Only	1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>
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