

## Peak Flow Diary

Fill in these measurements according to your doctor's guidelines.							
_____ My predicted peak flow							
_____ My personal best peak flow							
_____ My green zone (80-100% of personal best)							
_____ My yellow zone (50-79% of personal best)							
_____ My red zone (below 50% of personal best)							
Date							
Peak flow reading	a.m. p.m.	a.m. p.m.	a.m. p.m.	a.m. p.m.	a.m. p.m.	a.m. p.m.	a.m. p.m.
Symptom score (1-10)							
Medicines used to stop							
Urgent medical treatment							
Comments - Triggers - Location - Weather - Dust, fumes, etc.							

### Using your diary

1. Take your peak flow at the same time each morning and evening, or as directed by your doctor.
2. Using the numbers at the top of the diary, see whether your number is in the green, yellow, or red zone.
3. Assign a score from 1 to 10 to the symptoms you have when you record your peak flow reading. Use the following guidelines:

**No symptoms** (1-2): No wheezing, coughing, chest tightness or shortness of breath, even with normal activity.

**Mild symptoms** (3-5): Symptoms during physical activity, but not at rest; they do not keep you from sleeping or being active.

**Moderate symptoms** (6-8): Symptoms at rest; they may keep you from sleeping or being active.

**Severe symptoms** (9-10): Serious symptoms at rest, which may cause problems walking or talking; muscles in neck or between ribs are pulled in when breathing.

4. Follow your doctor's recommendations for what to do based on your zone. Put an "X" in the box "medicine used" if you used quick-relief medicine to stop your symptoms.
5. If you went to your doctor's office, emergency room, or hospital for urgent asthma treatment, put an "X" in the box marked "urgent visit."
6. Make notes in the 'Comments' section when you feel any asthma symptoms. Indicate possible triggers (a furry animal or certain foods, for example), your environment (where you were and what you were doing), the weather/air quality, and the presence of any dust, fumes or chemicals.