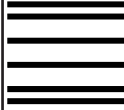
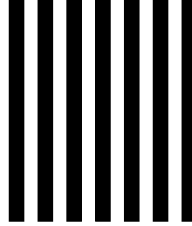


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Weekly Asthma Symptom and Peak Flow Diary



Your Extended Family.

Find Your Personal Best

Your “personal best” peak flow is the highest number you can reach on your peak flow meter when your asthma is in good control. This will be the number all future peak flow readings will be compared against. This number will also be used to set the peak flow zones for your written asthma action plan. Personal best peak flow readings change as children grow. Ask your provider when you need to re-check your personal best number.

Take peak flow readings twice a day for 2 weeks

Peak flow readings should be taken twice a day. The first reading should be taken first thing in the morning. The second reading should be taken in the afternoon or early evening. Follow the steps below to take your peak flow readings:

- Blow into your peak flow meter 3 times following steps 1-5 listed on this brochure.
- Write down the highest number out of your 3 tries under the “a.m.” column for morning readings or “pm” for afternoon or evening readings.
- Make sure to write down any asthma symptoms you may be feeling.

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.

Date:														
Week 1 Peak Flow Reading														
Asthma Symptoms*														
Date:														
Week 2 Peak Flow Reading														
Asthma Symptoms*														

* Note each day any asthma symptoms such as wheezing, tight chest, shortness of breath, coughing, waking up at night, etc.

My Personal Best Peak Flow is	
My Green Zone is (80 -100% of personal best)	
My Yellow Zone is (50 -79% of personal best)	
My Red Zone is (49% or below personal best)	

*Personal best numbers can change as your child grows. Go over personal peak flow at least once a year.

How to Use Your Peak Flow Meter

1. Stand up.
2. Move the marker on the peak flow meter to the bottom of the scale.
3. Take a deep breath and hold it.
4. Put the peak flow meter in your mouth with your lips around the mouthpiece. Do not put your tongue inside the hole.
5. Blow out as hard and as fast as you can into the peak flow meter. Do not bend at the waist.
6. Remember the number.
7. Repeat steps 1-5 two more times.
8. Write down in your diary the highest number you get out of the three peak flow readings.