



MY WEEKLY ASTHMA SYMPTOM AND PEAK FLOW DIARY

- _____ My predicted peak flow
- _____ My personal best peak flow
- _____ My Green (OK) Zone (80-100% of personal best)
- _____ My Yellow (Caution) Zone (50-80% of personal best)
- _____ My Red (Danger) Zone (below 50% of personal best)

Date	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Peak flow reading														
No Asthma Symptoms														
Mild Asthma Symptoms														
Moderate Asthma Symptoms														
Serious Asthma Symptoms														
Medicine used to stop														
Urgent visit to the doctor														

1. Take your peak flow reading every morning (a.m.) when you wake up and every night (p.m.) at bedtime. Try to take your peak flow readings at the same time each day. If you take an inhaled beta²-agonist medicine, take your peak flow reading before taking that medicine. Write down the highest reading of three tries in the box that says peak flow reading.
2. Look at the box in the upper left of this sheet to see whether your number is in the green, yellow, or red zone.
3. In the space below the date and time, put an “X” in the box that matches the symptoms you have when you record your peak flow reading.
4. Look at your asthma control plan for what to do when your number is in one of the zones and you have asthma symptoms.
5. Put an “X” in the box beside “medicine use” if you took extra asthma medicine to stop your symptoms.
6. If you made any visit to your doctor’s office, emergency room, or hospital for treatment of an asthma episode, put an “X” in the box marked “urgent visit.” Tell your doctor if you went to the emergency room or hospital.

No Symptoms = No symptoms (wheeze, cough, chest tightness, or shortness of breath) even with normal physical activity.

Mild Symptoms = Symptoms during physical activity, but not at rest. Asthma symptoms do not keep you from sleeping or being active.

Moderate Symptoms = Symptoms while at rest; symptoms may keep you from sleeping or being active.

Serious Symptoms = Serious symptoms at rest (wheeze may be absent); symptoms cause problems walking or talking; muscles in neck or between ribs are pulled in when breathing.