Peak Flow Tracking Chart

Peak flow monitoring is part of the ongoing process of managing your asthma. Tracking your peak flow helps you become aware of the changes in symptoms, triggers, and even in the way your body responds to medication. Keeping these records can help you work with your doctor to keep your asthma management plan working effectively.

Date																								
Medication Usage																								
Time	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
700																								
600																								
500																								
400																								
300																								
200																								
100																								

Name _____

Ideal peak flow number:

Know the early warning signs of a sudden asthma attack

- Shortness of breath
- Tightness in your chest
- Difficulty breathing
- Wheezing
- Coughing
- Drop in peak flow number

Special Instructions

Use this space to write down any special information or instructions you receive from your doctor.