

Asthma Symptoms and Peak Flow Diary

_____ My predicted peak flow

_____ My personal best peak flow

_____ My Green (Good Control) Zone
80-100% of personal best

_____ My Yellow (Caution) Zone
60-80% of personal best

_____ My Red (Danger) Zone
below 60% of personal best

Date:														
	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.
Peak Flow Reading														
No Asthma Symptoms														
Mild Asthma Symptoms														
Moderate Asthma Symptoms														
Serious Asthma Symptoms														
Medicine Used to Stop Symptoms														
Urgent Visit to the Doctor														

DIRECTIONS

1. Take your peak flow reading every morning (a.m.) when you wake up. If the morning reading is less than 80% of your personal best, you should measure your peak flow more than once a day to check your progress. Try to take your peak flow readings at the same time each day. If you take a quick relief 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 at the top 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; see description of symptom categories on the right.
4. Look at your Asthma Action Plan for what to do when your number is in one of the zones or when you have asthma symptoms.
5. Put an "X" in the box beside "medicine used to stop symptoms" if you took extra asthma medicine to stop your symptoms.
6. If you made any visit to your doctor's office, emergency department, or hospital for treatment of an asthma episode, put an "X" in the box marked "urgent visit to the doctor." Tell your doctor if you went to the emergency department 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 none at rest. It does not keep you from sleeping or being active.

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

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

Nurses: Partners in Asthma Care, National Asthma Education and Prevention Program, National Heart, Lung, and Blood Institute. NIH Publication No. 95-3308. 1995. revised 2007.