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 action plan working effectively.

Date Medication Usage Time AM PM 700 600 • Wheezing Coughing 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
- Drop in peak flow number

Special Instructions

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