

Peak Flow Diary

Day of the week		Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
Warning Symptoms	Used reliever inhaler														
	Had asthma symptoms such as shortness of breath, tight chest, coughing or wheezing														
	Waking at night with asthma symptoms														
	Feeling like you can't keep up with our normal day-to-day activities														
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	
800															
780															
760															
740															
720															
700															
680															
660															
640															
620															
600															
580															
560															
540															
520															
500															
480															
460															
440															
420															
400															
380															
360															
340															
320															
300															
280															
260															
240															
220															
200															
180															
160															
140															
120															
Comments: anything unusual this week that might have resulted in a lower score? E.g. "I was stressed", "I exercised", "I came into contact with a pet".															