Your Peak Flow Diary

Variability = N/A

Day of the Week	M	T	W	T	F	S	S		M	T	W	T	F	S	S
				Week 1								Week 2			
Used reliever inhaler															
Had asthma symptoms such as shortness of breathe, tight chest, coughing or wheezing															
Waking at night with asthma symptoms															
Feeling like you can't keep up with your normal daily activities															

Peak flow readings (AM / PM per day):

Reading	Week 1 M–S (AM/PM)	Week 2 M–S (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		