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																									
Medica: Usage	tion																								
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6	000																								
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4	100																								
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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.