



Name: \_\_\_\_\_

# ASTHMA DIARY PEAK FLOW

For adults, teens & children  
five years of age and over

Date

Triggers, Comments

Peak Flow Rate		Date	Triggers, Comments
O - Before bronchodilator	X - After bronchodilator		
100%			
Green Zone	90%		
High Yellow Zone	80%		
Low Yellow Zone	70%		
	65%		
	60%		
Red Zone	50%		
Medicines			
*	Inhaled steroid		
*	Other controller		
*	Quick-relief		
*	Oral steroid		
Signs			
	Wheeze		
	Cough		
	Activity		
	Sleep		

See back for instructions. Please bring to each visit.

### Signs

- ◆ **Wheeze:**
  - None ..... 0
  - End of exhale ..... 1
  - Throughout exhale ..... 2
  - Inhale and exhale ..... 3
- ◆ **Cough in past 5 minutes:**
  - None ..... 0
  - Less than one per minute ..... 1
  - One to four per minute ..... 2
  - More than four per minute ..... 3
- ◆ **Activity:**
  - Fully active ..... 0
  - Can run short distance ..... 1
  - Can walk only ..... 2
  - Missed work or school or stayed indoors ..... 3
- ◆ **Sleep:**
  - Fine ..... 0
  - Slight wheeze or cough ..... 1
  - Awake 2-3 times because of wheeze or cough ..... 2
  - Awake most of the night ..... 3

### Order books & diaries from Pedipress 800-611-6081:

- Children with Asthma: A Manual for Parents
- One Minute Asthma: What You Need to Know
- El asma en un minuto
- Winning Over Asthma
- Asthma Peak Flow Diary
- Asthma Signs Diary
- Asthma Charts & Forms for the Physician's Office

\* Fill in the brand name of your medicine, dose, and number of times per day you take it.