PEAK FLOW RECORD CHART

NAME _____ WEEK BEGINNING _____

PEAK FLOW ZONES: GREEN ZONE _____ YELLOW ZONE _____ RED ZONE _____

PRESCRIBED MEDICATIONS _____
(dose and frequency)

_____

DATE						
TIME						
PEAK FLOW 375						
350						
325						
300						
275						
250						
225						
200						
175						
150						
125						
100						
75						
50						
READINGS						
CHANGES IN MEDICINE						
NOTES						