### 28-DAY ASTHMA SYMPTOM AND PEAK FLOW DIARY

**Date** ________________________________

My predicted peak flow (PF) ___________________________

My personal best peak flow ___________________________

My Zone 1 or Green/OK Zone (asthma OK & under control; PF is >80% of personal best) ____________________________________________

My Zone 2 or Yellow/Caution Zone (asthma is getting worse; PF is between 60-80% of personal best) _______________________________

My Zone 3 or Red/Danger Zone (asthma is getting severe; PF is between 50-60% of personal best) _______________________________

My Zone 4 or Emergency Zone (PF is below 50%) ____________________________________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Day of week</th>
<th>AM peak flow</th>
<th>PM peak flow</th>
<th>Zone 1</th>
<th>Zone 2</th>
<th>Zone 3</th>
<th>Zone 4</th>
</tr>
</thead>
</table>

**No symptoms**

**Mild symptoms**

**Moderate symptoms**

**Severe symptoms**

**Any medicine**

Bronchodilator

Corticosteroid, oral

Corticosteroid, inhaled

Long-acting bronchodilator + corticosteroid, inhaled

**Urgent visit**

No Symptoms
No symptoms (wheeze, cough, chest tightness, or shortness of breath) even with normal physical activity.

Mild Symptoms
Symptoms during physical activity, but not at rest. It does not keep you from sleeping or being active.

Moderate Symptoms
Symptoms while at rest; symptoms may keep you from sleeping or being active.

Serious Symptoms
Serious symptoms at rest (wheeze may be absent); symptoms cause problems walking or talking; muscles in neck or between ribs are pulled in when breathing.
# 28-DAY ASTHMA SYMPTOM AND PEAK FLOW DIARY

**Date**

My predicted peak flow (PF) _________________

My personal best peak flow _________________

My Zone 1 or Green/OK Zone (asthma OK & under control; PF is >80% of personal best) ______________________________________________________

My Zone 2 or Yellow/Caution Zone (asthma is getting worse; PF is between 60-80% of personal best) _______________________________________

My Zone 3 or Red/Danger Zone (asthma is getting severe; PF is between 50-60% of personal best) ________________________________

My Zone 4 or Emergency Zone (PF is below 50%) ____________________________________________________________________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Day of week</th>
<th>AM peak flow</th>
<th>PM peak flow</th>
<th>Zone 1</th>
<th>Zone 2</th>
<th>Zone 3</th>
<th>Zone 4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **No symptoms**
  - No symptoms (wheeze, cough, chest tightness, or shortness of breath) even with normal physical activity.

- **Mild symptoms**
  - Symptoms during physical activity, but not at rest. It does not keep you from sleeping or being active.

- **Moderate symptoms**
  - Symptoms while at rest; symptoms may keep you from sleeping or being active.

- **Serious symptoms**
  - Serious symptoms at rest (wheeze may be absent); symptoms cause problems walking or talking; muscles in neck or between ribs are pulled in when breathing.