campus × HEALTH

28-DAY ASTHMA SYMPTOM AND PEAK FLOW DIARY

Name: PID#: DOB:

(imprint)

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%) Date Day of week AM peak flow PM peak flow Zone 1 Zone 2 Zone 3 Zone 4 No symptoms Mild symptoms Moderate symptoms Severe symptoms Any medicine Bronchodilator Corticosteroid, oral Corticosteroid, inhaled Long-acting bronchodilator + corticosteroid, inhaled Urgent visit

No SymptomsNo symptoms (wheeze, cough, chest tightness, or shortness of breath) even with
normal physical activity.Mild SymptomsSymptoms during physical activity, but not at rest. It does not keep you from sleeping
or being active.Moderate SymptomsSymptoms while at rest; symptoms may keep you from sleeping or being active.Serious SymptomsSerious symptoms at rest (wheeze may be absent); symptoms cause problems walking
or talking; muscles in neck or between ribs are pulled in when breathing.

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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.