

### Peak Flow Diary

Use this peak flow diary to record your peak flow rates.

Use the following chart to keep a daily diary of your peak flow rates. Keep the information in your wallet or taped to your refrigerator, and bring it with you on your next visit to your doctor.

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

Prescribed Medications (include dose and frequency):  
\_\_\_\_\_

Week of:

	Time (AM)	Time (PM)	Peak flow rate	Notes
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Week of:

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Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
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