

Peak Flow Tracking Chart

Complete and take this with you to your next doctor visit for asthma.

Peak flow monitoring is part of the ongoing process of managing your asthma. Tracking your peak flow helps you become aware of the changes in symptoms, triggers, and even in the way your body responds to medication. Keeping these records can help you work with your doctor to keep your asthma management plan working effectively.

Date																
Medication Usage																
Time	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
700																
600																
500																
400																
300																
200																
100																

Name _____

Ideal peak flow number: _____

Know the early warning signs of a sudden asthma attack

- Shortness of breath
- Tightness in your chest
- Difficulty breathing
- Wheezing
- Coughing
- Drop in peak flow number

Special instructions

Use this space to write down any special information or instructions you receive from your doctor.



