Asthma diary template

Make copies of the following template for your asthma diary. You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Week of:

My personal best is .

My green zone is liters per second (80% to 100% of my personal best).

My yellow zone is liters per second (50% to less than 80% of my personal best).

My red zone is liters per second (less than 50% of my personal best).

My current long-term medications are:

Date	AM/PM peak expiratory flow			Trigger	Symptoms	Quick-relief medication and response	Red zone visit to doctor or hospital?
	Green	Yellow	Red				

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