

DATE	TIME	READING 1	READING 2	READING 3	DAILY HIGHEST
	PM				
	AM				
	PM				

Green Zone (80-100%)

Doing well. No symptoms. Continue routine meds.

Yellow Zone (50-80%)

Caution. Increased symptoms. Use rescue inhaler.

Red Zone (< 50%)

Medical Emergency. Seek immediate help.

This chart is for tracking purposes only. Consult a healthcare professional for medical advice.