

PEAK FLOW METER LOG

PERSONAL BEST: _____ L/MIN

PATIENT NAME

MONTH/YEAR

PHYSICIAN

DATE	TIME	READINGS (L/MIN)			HIGHEST	SYMPTOMS / TRIGGERS / MEDICATION USED
		1	2	3		

Green Zone (80-100%)

Doing well. No symptoms. Continue routine.

Yellow Zone (50-80%)

Caution. Mild symptoms. Use rescue inhaler.

Red Zone (< 50%)

Medical Alert. Seek emergency care immediately.