

PEAK FLOW MONITORING CHART

Personal Best: _____ L/min

Name: _____

Month/Year: _____

DATE	TIME	PEAK FLOW (L/MIN)	SYMPTOMS / TRIGGERS / NOTES
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Green Zone (80-100%)

Doing well. No symptoms. Take routine meds.

Yellow Zone (50-80%)

Caution. Mild symptoms. Use rescue inhaler.

Red Zone (< 50%)

Medical Emergency. Seek immediate help.

This chart is for personal tracking. Always follow your physician's specific medical advice.