

PEAK FLOW ANALYSIS CHART

PERSONAL BEST
NAME
DOB
MONTH/YEAR

DATE	MORNING (AM)			EVENING (PM)			SYMPTOMS/TRIGGERS
	1	2	BEST	1	2	BEST	

DATE	MORNING (AM)			EVENING (PM)			SYMPTOMS/TRIGGERS
	1	2	BEST	1	2	BEST	

GREEN ZONE (80-100%) Doing Well

No cough or wheeze. Can work and play.

YELLOW ZONE (50-80%) Caution

Cough, wheeze, or tight chest. Action required.

RED ZONE (< 50%) Medical Alert

Labored breathing. Seek emergency care.

PHYSICIAN NOTES / MEDICATION INSTRUCTIONS