

# WEEKLY PEAK FLOW LOG

Name:

Week Of:

Personal Best:

DAY	MORNING (AM)			EVENING (PM)		
	TRIAL 1	TRIAL 2	TRIAL 3	TRIAL 1	TRIAL 2	TRIAL 3
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**Weekly Observations / Symptoms:**

Green Zone: 80-100% of Best Yellow Zone: 50-80% of Best Red Zone: Below 50% of Best