

# Peak Flow Tracking Sheet

Name: \_\_\_\_\_

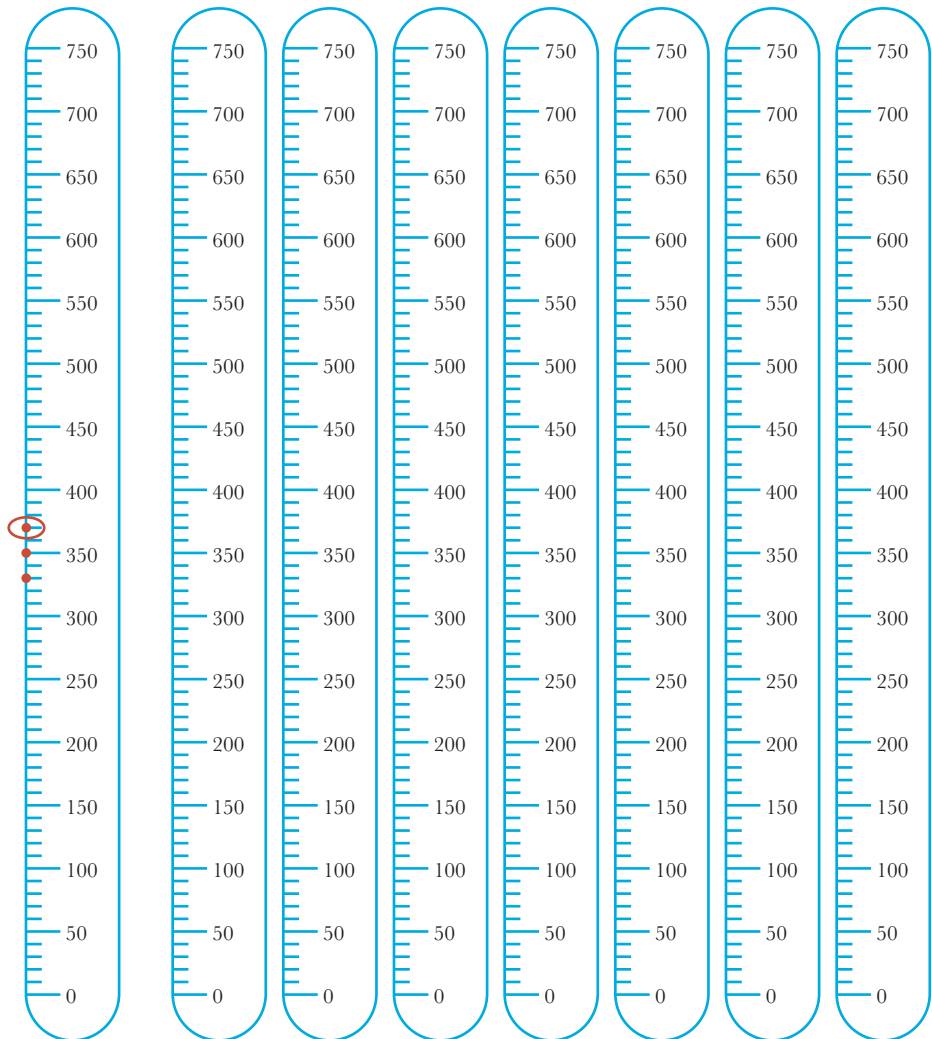
Personal Best Peak Flow: \_\_\_\_\_

Sample Day **Mon**  
 Sample Peak Flow Number **370**

Mon    Tues    Wed    Thur    Fri    Sat    Sun  
 \_\_\_\_\_

## Directions:

- 1 Take 3 peak flow readings every day. Try to take the readings at the same time every day—morning is a good time to use your peak flow meter.
- 2 Mark each number on this sheet.
- 3 Circle the highest of the 3 numbers. That is your peak flow number for that day.
- 4 Check your Asthma Action Plan. What is your zone? What medicines should you take?



Keep a diary of your peak flow readings. Show it to your doctor.



This material was developed by GlaxoSmithKline.