Asthma Diary **Name _____ Current Meds: _____**

Record your personal best peak flow. Then enter your green, yellow, and red zone number in the spaces below.

Peak flows

My **personal best** is _____ liters per second
(personal best is the highest peak flow achieved over 2-3 weeks when your asthma is under good control)

My **green zone (normal)** is _____ liters per second (80%-100% of personal best)
*(Calculate this by multiplying your personal best by **.8**; any number at or above the result is in your green zone.)*

My **yellow zone** is _____ liters per second (50%-79% of personal best)
*(Calculate this by multiplying your personal best by **.5** and **.8**; your yellow zone will fall between those two numbers.)*

My **red zone** is _____ liters per second (less than 50% of personal best)
*(Calculate this by multiplying your personal best by **.5**; your red zone will fall below this number.)*

Date	**AM/PM Peak Expiratory Flows**			**Symptoms** (coughing, wheezing, shortness of breath, chest tightness)	**Possible trigger(s)** (exercise, emotions, environment)	**Medications** (which ones used, when and results)	**If Red zone,** did you miss school or work? Visit hospital or doctor?
	Green	**Yellow**	**Red**				

Copyright 2008, Vivacare