

PEAK FLOW DIARY

Name: _____
 DOB: _____ Height: _____
 Predicted Value: _____
 Personal Best: _____

Asthma Diary							
Date	PEF Readings AM	PEF Readings PM	No. of Puffs of Rescue MDI/DPI	Cough	Wheeze	Shortness of Breath	Chest Tightness
				None = 0; Occasional = 1; Frequent = 2; Continuous = 3			

Provided by
 The Asthma & Allergy Foundation of America, Texas
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