Peak Flow Diary

CHOC Children's

			Date																									
			Mon		Tue		Wed		Thu		Fri		Sat		Sun		Mon		Tue		Wed		Thu		Fri		Sat		Sun	
			AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Peak Flow Rate	Green Zone	120%																												
		110%																												
		100%																												
		90%																												
		80%																												
	Yellow Zone	70%																												
		60%																												
		50%																												
	Red Zone	40%																												
		30%																												
		20%																												
		10%																												
medicine	Controller																													
	Reliever																													
Signs	Wheeze	Day																												
		Night																												
	Cough	Day																												
		Night																												
	Activity	Day																												
	Sleep	Night																												