My pred	_							_		I			-	eak flov
My Green (Good Control) Zone 80-100% of personal best					My Yellow (Caution) Zone 60-80% of personal best					My Red (Danger) Zone below 60% of personal best				
Date:														
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
Peak Flow Reading														
No Asthma Symptoms														
Mild Asthma Symptoms														
Moderate Asthma Symptoms														
Serious Asthma Symptoms														
Medicine Used to Stop Symptoms														
Urgent Visit to the Doctor														
Date:														
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
Peak Flow Reading														
No Asthma Symptoms														
Mild Asthma Symptoms														
Moderate Asthma Symptoms														
Serious Asthma Symptoms														
Medicine Used to Stop Symptoms														
Urgent Visit to the Doctor														
Date:														
Ducc.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
Peak Flow Reading		F		P		<b>F</b> *****		<b>F</b> *****		F*****		F		F
No Asthma Symptoms														
Mild Asthma Symptoms														
Moderate Asthma Symptoms														
Serious Asthma Symptoms														
Medicine Used to Stop Symptoms														
Urgent Visit to the Doctor														