Peak Flow Meter Diary

Green Zone:

Your personal best Peak Expiratory Flow (PEF) is _________

Green zone is 80 to 100% of your best: ________________

Yellow Zone:

Yellow zone is 50 to 80 percent of your best: _______

Red Zone:

Red zone is 50% or below your personal best: ________

Day of Month	PEF reading AM	PM	# of Puffs Rescue Inhaler	Note any: cough, wheezing, shortness of breath or tight chest