

PEAK FLOW METER RECORD

Date/Day of Week	Morning	Evening
Day 1:	Peak Flow: Medications Taken:	Peak Flow: Medications Taken:
Day 2:	Peak Flow: Medications Taken:	Peak Flow: Medications Taken:
Day 3:	Peak Flow: Medications Taken:	Peak Flow: Medications Taken:
Day 4:	Peak Flow: Medications Taken:	Peak Flow: Medications Taken:
Day 5:	Peak Flow: Medications Taken:	Peak Flow: Medications Taken:
Day 6:	Peak Flow: Medications Taken:	Peak Flow: Medications Taken:
Day 7:	Peak Flow: Medications Taken:	Peak Flow: Medications Taken: