

# Peak Flow Meter Chart

for \_\_\_\_\_ name \_\_\_\_\_

100% score  80% score  50% score  **STOP** **RED ZONE**

My peak score is:  (100%)  (80%)  (50%)

x 0.8 =  x 0.5 =

**GO** **GREEN ZONE** **SLOW** **YELLOW ZONE** notes (triggers, symptoms)

date	100% score	80% score	50% score	STOP	RED ZONE	medicines / dosage / time	notes (triggers, symptoms)
<b>Mon</b> D A Y N I G H T							
<b>Tue</b> D A Y N I G H T							
<b>Wed</b> D A Y N I G H T							
<b>Thu</b> D A Y N I G H T							
<b>Fri</b> D A Y N I G H T							
<b>Sat</b> D A Y N I G H T							
<b>Sun</b> D A Y N I G H T							