Peak Flow Meter Log

Name: _____

(Check [✓] any of the below symptoms that are present)

	Peak Flow Reading			Asthma Medicines			Asthma Symptoms				
Date	Morning	Evening	Other	Rescue Inhaler	Number of Rescue Inhaler Puffs today	Controller Inhaler	Coughing	Wheezing	Shortness of Breath	Chest Tightness	Other Symptoms