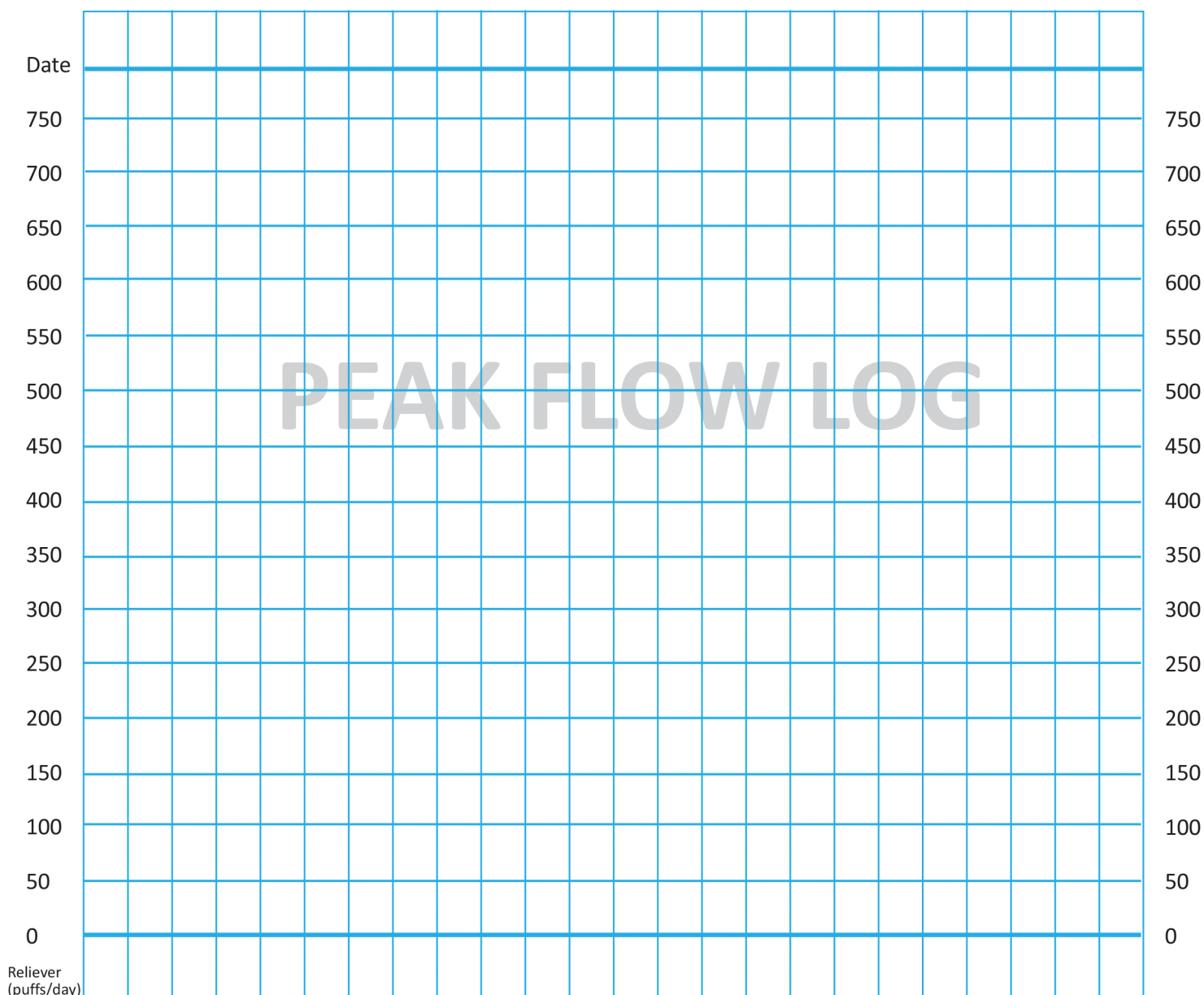


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## Asthma Daily Diary II Instructions

### To do a peak flow measurement:

- Take a deep breath, seal your lips around the mouthpiece, blow as hard and as quickly as you can (like blowing out a candle), check the number, re-set the pointer to zero and repeat.
- Generally, the best of three peak flow values is the one to record on the chart.
- Record the date at the top of the chart.
- Use an # for the first morning values.
- Use a ● for afternoon or evening values.
- Use a ▲ for before exercise.
- Use an X for after exercise or with symptoms.
- If your peak flow is lower than normal, check your action plan or call your asthma care provider.



Other Medications: \_\_\_\_\_

Notes: \_\_\_\_\_

