

My Asthma Logbook

My Name: _____ My Birthday: ____/____/____

My Personal Best Peak Flow Reading (PBR) Is: _____

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Peak Flow Reading														
Red Severe Symptoms														
Yellow Some Symptoms														
Green No Symptoms														
Activities, Events, & Possible Triggers (Be specific, give details)														
Symptoms														
Additional Medicine Taken														