|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Day of the Week | M | T | W | T | F | S | S |
| Warning Symptoms | Used reliever inhaler |  |  |  |  |  |  |  |
| Had asthma symptoms such as shortness of breath, tight chest, coughing or wheezing |  |  |  |  |  |  |  |
| Waking at night with asthma symptoms |  |  |  |  |  |  |  |
| Feeling like you can’t keep up with your normal day-to-day activities |  |  |  |  |  |  |  |
| Week Beginning:  | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM |
| 800 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 780 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 760 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 740 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 720 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 700 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 680 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 660 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 640 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 620 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 600 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 580 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 560 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 540 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 520 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 500 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 480 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 460 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 440 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 420 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 400 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 380 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 360 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 340 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 320 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 300 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 280 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 260 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 240 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 220 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 200 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 180 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 160 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 140 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 120 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Weekly comments:** Anything unusual this week that might have resulted in a lower score? Exercise, stress, contact with a pet? |  |

Bushloe Surgery Peak Flow Diary. Please complete and return to bushloesurgery@nhs.net