|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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