You Can Control Asthma
My Peak Flow Diary

To Find your best number, you need to keep a diary.

Here’s how:
1. Blow 3 times.
2. After each blow, mark the spot where the button stopped.
3. Circle the biggest number.
4. Write it in the circle at the bottom of each meter.
5. Do this in the morning and evening.

Name: _____________________________
Date: ______________________________