## Asthma Diary

For adults, teens and children five years and over

| Name: ____________________________________________ |

<table>
<thead>
<tr>
<th>DATE</th>
<th>Triggers /Comments</th>
</tr>
</thead>
</table>

**PEAK FLOW RATE**

<table>
<thead>
<tr>
<th>Zone</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>GREEN</td>
<td>100%</td>
</tr>
<tr>
<td>HIGH</td>
<td>80%</td>
</tr>
<tr>
<td>LOW</td>
<td>60%</td>
</tr>
<tr>
<td>RED</td>
<td>50%</td>
</tr>
</tbody>
</table>

**MEDICATIONS**

- Inhaled steroid
- Other controller
- Quick-relief
- Oral steroid

**SIGNS**

- Wheeze
- Cough
- Activity
- Sleep

From Dr. Tom Plaut's Asthma Guide for People of All Ages. ©Pedipress, Inc. All rights reserved. Pedipress publishes One Minute Asthma, Elasma en un minuto, Winning Over Asthma, the Asthma Peak Flow Diary and the Asthma Signs Diary. 125 Red Gate Lane, Amherst, MA 01002, (800) 611-6081. http://www.pedipress.com.

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Asthma Diary Instructions

This Asthma Diary can help you keep track of your asthma and asthma medicines. With this information, you and your doctor can work out an Asthma Action Plan that will help you care for your asthma at home.

1. **DATE**: Fill in the date above the grid.

2. **ASTHMA CARE ZONES**:
   - **Green Zone**: Your current treatment plan is effective.
   - **Yellow Zone**: Avoid triggers and change your medication routine.
   - **Low Yellow Zone**: Intensify treatment if your peak flow score does not increase into the High Yellow Zone within ten minutes after inhaling a quick-relief medicine, or if it falls back into the Low Yellow Zone within four hours.

Put your personal best peak flow score here: _________. This is the top of the Green Zone. Find your personal best score on the table below. List it and the numbers below it on the front of this sheet.

If your personal best peak flow score has not yet been determined, use the average peak flow score for your height from a standard chart.

If your personal best peak flow score reaches a higher level on two separate days, start a new section by drawing a thick vertical line to indicate the change. Enter the new numbers from the chart below.

3. **DAY/NIGHT COLUMNS**: Use the clear column for daytime scores (7 a.m. – 7 p.m.) and the shaded column for nighttime scores (7 p.m. – 7 a.m.).

4. **PLOT PEAK FLOW SCORE**: Use an “O” to plot scores blown before taking an inhaled bronchodilator and an “X” to plot scores blown after taking an inhaled bronchodilator. Estimate placement of mark between zone lines.

5. **PEAK FLOW TREND**: Connect the Os with a line to illustrate a trend. Do the same thing with the Xs.

6. **MEDICINES**: Enter the name, dose and number of doses per day for each medicine. Put one check mark (✓) in the box for each dose given.

7. **SIGNS**: Sign scores are listed at the bottom of the diary. Enter each score by time of day.

8. **COMMENTS**: Enter comments above the date such as “Exposed to cigarette smoke,” “Had cold,” “Rabbit in school” and “Painting bedroom.”

   - **RELATIONSHIPS**: Try to see connections between triggers, medicines and signs. For example, did your peak flow drop after contact with a cat or rabbit? Does your peak flow always change with a cold? If not, why not? Any time there is a change in peak flow, you should look for a trigger.

   - **ILLNESSES**: If you are sick, and you want to record peak flow more often, use several sections to record each day.

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**Asthma Diary Instructions**

For more information call 904.202.5132 or visit www.communityasthmajax.org.

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