

# Asthma - Peak Flow Diary

This leaflet is designed to be printed out for people to record their peak flow reading.

Name .....		Date .....	
Peak Flow Rate	600		
	550		
	500		
	450		
	400		
	350		
	300		
	250		
	200		
	150		
	100		
Time			
Day	1	2	
	3	4	
	5	6	
	7	8	
	9	10	
	11	12	
	13	14	

# Peak Flow Diary Template

**K Morrison**



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