



Week of: _____

SYMPTOMS

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	day	night	day	night	day	night	day	night	day	night	day	night	day	night
Cough														
Wheeze														
Breathing Problems														

PEAK FLOW READINGS

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
day	night	day	night	day	night	day	night	day	night	day	night	day	night

TRIGGERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

MEDICINE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday