

Asthma Diary Template

Make copies of the following template for your asthma diary. You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Week of: _____

If I use a peak flow meter:

My personal best peak expiratory flow (PEF) is _____

My PEF for green zone is _____ liters per second (80% to 100% of my personal best*).

My PEF for yellow zone is _____ liters per second (50% to less than 80% of my personal best*).

My PEF for red zone is less than _____ liters per second (less than 50% of my personal best*).

* To figure out 80% of personal best peak flow, multiply your personal best by 0.80. To figure out 50% of personal best peak flow, multiply your personal best by 0.50.

If your peak flow is lower than normal, check your asthma action plan or call your doctor.

My current controller medicines are _____

Date	AM/PM peak expiratory flow (if I use a peak flow meter)			Trigger	Symptoms	Quick-relief medicine and response	Red zone visit to doctor or hospital?
	Green	Yellow	Red				

Asthma Diary Template

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Asthma Begins at Home Rosie Gordon, 2007 There is a mass of medicine based information about asthma yet the disease continues unabated It is time for another approach and this book develops this by concentrating on causes in the home The approach is practical and down to earth backed up by in depth research clinical trials and medical guidance the book discusses why asthma is on the increase and how we can reduce its devastating effects It is a highly personal book based on the experience of one UK family that has challenged medical thinking about this topic

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[American Journal of Respiratory and Critical Care Medicine](#), 2009 **A Game Plan for Families Managing Pediatric Asthma** Michelle Vann, MSN, RN, CMCN, 2025-05-05 A Game Plan for Families Managing Pediatric Asthma is a comprehensive and supportive guide designed to equip parents and caregivers with the knowledge and tools they need to confidently manage their child s asthma This ebook provides a clear roadmap for understanding the condition effectively communicating with healthcare providers and creating a proactive plan to ensure your child lives a full active life Inside you ll discover practical strategies for identifying triggers administering medications correctly using inhalers and nebulizers effectively and recognizing early warning signs of flare ups This empowering resource goes beyond the basics offering actionable tips for building asthma friendly environments at home and school managing exercise induced asthma and navigating emergency situations More than just a guide this ebook offers a holistic approach that emphasizes emotional support self management techniques for older children and the latest research backed best practices A Game Plan for Families will help you turn the challenges of pediatric asthma into opportunities for

your child to thrive Generate Audio Overview [My Asthma Tracker](#) Health & Health & Care Journals,2020-07-08 This Asthma Diary is filled with 120 pages to document and track asthma symptoms and more in a simple yet professional way All pages are filled with a beautiful modern template with space to write down date week Symptoms Triggers Peak Flow Medication exercising workout and additional Notes Asthma Journal Dimensions 6 x 9 Soft matte laminated paperback cover perfect as a gift If you would like to see a sample of the notebook click on the Look Inside feature **Clinical Asthma** Jonathan A. Bernstein,Mark L. Levy,2025-09-03 Enormous progress in asthma research has been made in the past 50 years including a greater understanding of its complex pathogenesis and new and more effective therapies Consequently the scientific literature has grown vast and can be difficult to integrate With contributions from a distinguished panel of world renowned authors the Second Edition of Clinical Asthma Theory and Practice presents a comprehensive study of both the common and the more challenging problems faced by all healthcare personnel who treat patients with asthma The book is divided into seven sections starting with the basics of asthma and ending with a discussion on the approach to asthma worldwide and in the primary care setting Reflecting a strong clinical emphasis each chapter begins with a patient case study supported by essential background information on the basic science and clinical decision making process This is followed by a discussion of clinical evaluation and management The multidisciplinary coverage explores a range of topics including genetics inflammation immunology and the identification of different endotypes Using a bench to bedside approach the book links basic science to the clinical management of asthma and explores options for improvement The carefully selected authorship from experts worldwide presents a truly global outlook **Clinical Asthma E-Book** Mario Castro,Monica Kraft,2008-04-21 This unique new text delivers practical guidelines on diagnosing and treating patients with asthma Drs Castro and Kraft are extensively involved in asthma research and improved patient care and their comprehensive coverage of key challenges in diagnosing and treating asthma makes this a must have resource The organized full color format ensures readability and helps you find information quickly and easily Offers up to date protocols and management guidelines to help you provide the best care for your patients Presents chapters on special situations and special populations to help you overcome clinical challenges such as the difficult to control or pregnant asthma patient Provides specialized sections on asthma education to give guidance on leading your patients to better self management by improving their adherence to treatment guidelines Highlights material found on the Asthma Educator Certification exam in special education boxes Offers expert guidance on translating the new NIH EPR 3 Asthma Guidelines to hands on patient care Organized in a consistent chapter format that provides concise logical coverage of essential information for easy reference Contains special boxes that highlight clinical pearls controversial issues and patient education information Uses a full color format that makes it easy to find information quickly *Asthma Diary Daily Log Book* Nature Health Diary,2019-05-16 Format Half Letter 5 5 x 8 5 inches similar to A5 150 pages paperback Features Undated blank planner or log book you can track Asthma symptoms for

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