Greyfriars Medical Centre
33-37 Castle Street, DG1 1DL, Dumfries
T: 01387 257 752

Name:.....
Date of Birth: .....

Peak Flow Diary

To measure your peak flow reading, follow these steps:
- Set the marker on the device to zero.
- Take a deep breath.
- Seal your lips tightly around the mouthpiece.
- Blow as hard and as fast as you can into the device.
- Take note of the reading displayed.
- Repeat the process three times.
- Select the highest value from the three readings as the one to record on the chart.

Date																		
Medication Usage																		
Time	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
800																		
700																		
600																		
500																		
400																		
300																		
200																		
100																		
0																		

Date																										
Medication Usage																										
Time	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
800																										
700																										
600																										
500																										
400																										
300																										
200																										
100																										
0																										