

ASTHMA MANAGEMENT

[Home](#) > [Health Hub](#) > [Health Library](#) > [Asthma Management](#)

A- A A+  

How to keep a daily asthma diary

[Download as PDF](#)[Share this Article](#)

Asthma Management

By monitoring symptoms and practicing self-management, people who have asthma can control their asthma symptoms. An important part of learning to control asthma is keeping a daily asthma diary. The asthma diary is used to:

- Record daily peak expiratory flow (PEF) readings and asthma symptoms.
- Compare PEF readings and symptoms with asthma zones, and
- Keep track of how often rescue medications are used.

Recording this information will help you become aware of early signs of asthma episodes. Your doctor will also use this diary to evaluate how well your or your child's treatment plan is working.

How to keep a daily asthma diary

First, record your peak flows in the appropriate asthma zone so that you can refer to them easily.

Personal best PEF: _____

Green Zone

Asthma is well-controlled. There are no asthma symptoms. You (or your child) can complete regular activities and sleep without coughing, wheezing, or difficulty breathing. PEF is 80 to 100 percent of personal best.

My green zone is _____ to _____.

Yellow Zone

© Copyright 1995-2018 The Cleveland Clinic Foundation. All rights reserved.

This information is provided by the Cleveland Clinic and is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.

Speak with our Contact Center for assistance

 800 8 2223

 Request An Appointment