

Asthma and Rescue Inhaler Tracking Sheet

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Week 1	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Peak Flow Reading														
Rescue Inhaler Used ?														
What was going on?														
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Week 2	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Peak Flow Reading														
Rescue Inhaler Used ?														
What was going on?														
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Week 3	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Peak Flow Reading														
Rescue Inhaler Used ?														
What was going on?														
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Week 4	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Peak Flow Reading														
Rescue Inhaler Used ?														
What was going on?														
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Peak Flow Reading														
Rescue Inhaler Used ?														
What was going on?														
Identified Triggers														
Questions?														