



## The Asthma New Zealand Peak Flow Record Chart



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Asthma New Zealand

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## PEAK FLOW WEEKLY CHART

Date						
	Am/pm	Am/pm	Am/pm	Am/pm	Am/pm	Am/pm
700						
L/min						
650						
600						
550						
500						
450						
400						
350						
300						
250						
200						
150						
100						
50						
Reliever – Doses Taken						
Preventer – Doses Taken						



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