



Kid's Asthma Diary

Name: _____ Green Zone: _____ Yellow Zone: _____ Red Zone: _____

Dates:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How is your asthma today?     Very Bad Bad Good Very Good							
Did you wheeze today? (Circle One)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Did you cough today? (Circle One)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Did your asthma bother you when you exercised today? (Circle One)	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
What was your peak flow today?							
What color was your peak flow zone?							
How many times did you have to use your rescue inhaler or nebulizer today?							

Write in how many times you took each of your daily medicines today.

Medications:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday