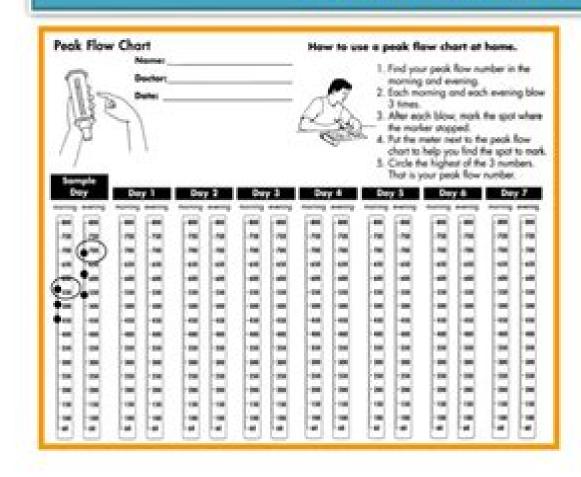


# Managing Asthma: Peak Flow Chart



People with moderate or severe asthma should take readings:

- Every morning
- Every evening
- After an exacerbation
- Before inhaling certain medications

# My Reading Chart An Asthma Peak Flow Meter Charting Journal

**Christian G. Meyer** 

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