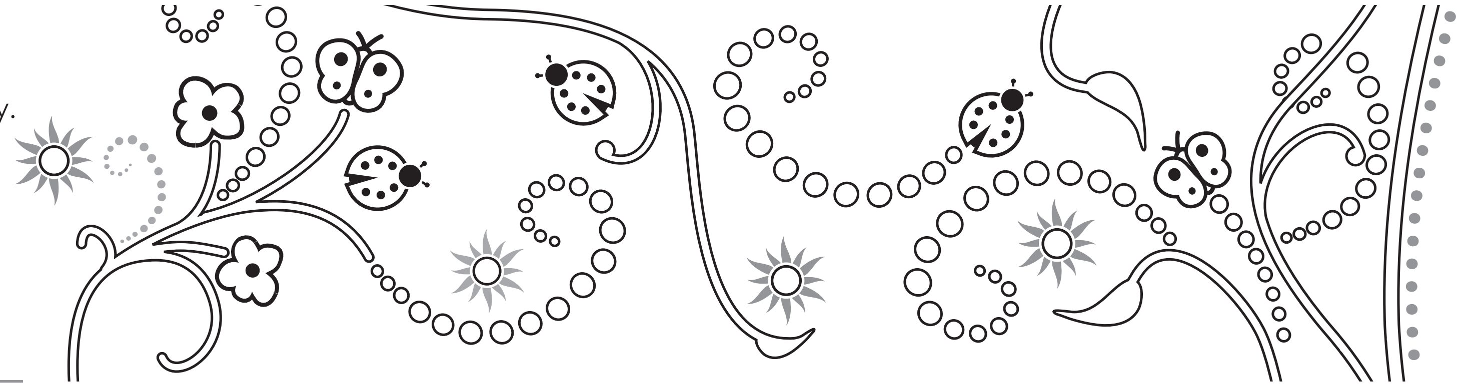
Take Control



Changes in your airways can happen slowly. Taking readings with a ***TruZone**** Peak Flow Meter may detect changes in your airways that could signal trouble ahead — even if you aren't experiencing any symptoms.

Daily Tracker of: ______________________________

DATE																																																																																
TIME	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM	AM	Add'l.	PM
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Simply locate the point on the Daily Record, below the Date and Time, that corresponds to the PEF you wish to record. Mark an "X" at that point.

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