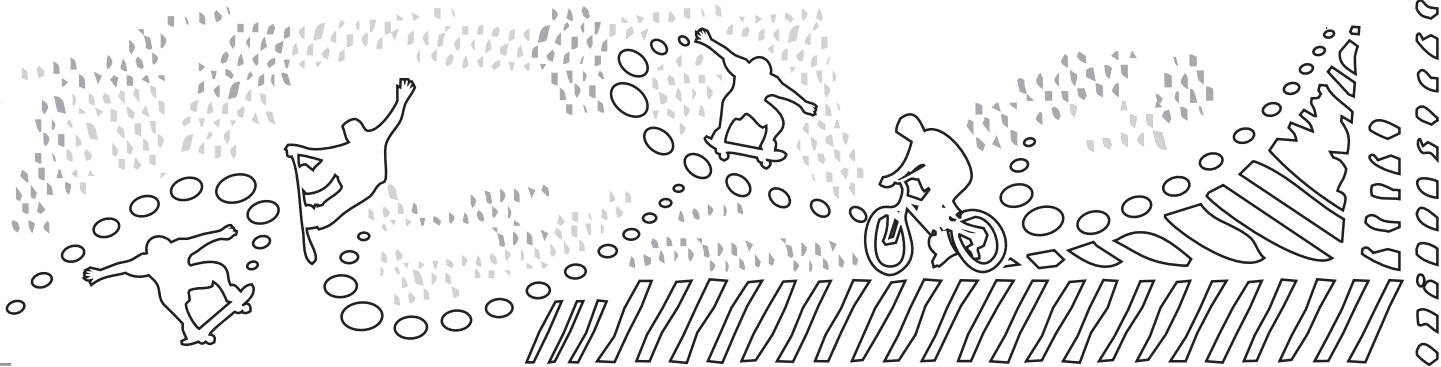


# Take Control

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																								
	AM	Adt'l	PM	AM	Adt'l	PM	AM	Adt'l	PM	AM	Adt'l	PM	AM	Adt'l	PM	AM	Adt'l	PM	AM	Adt'l	PM	AM	Adt'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.