

# **Peak Flow** Tabelle für die tägliche Aufzeichnung



Diary / Tagebuch / Journal / Diario / Diario / Dagboek / Päiväkirja / Dnevnik / Dzienniczek / Napló / Günlük / Ημερολόγιο

The figure displays four identical blank timesheets arranged horizontally. Each timesheet has a header row with days of the week: Mo, Di, Mi, Do, Fr, Sa, So. Below the header are two rows of labels: 'Morgens' and 'Abends'. The main body of each timesheet consists of a grid of 100 rows and 7 columns. The y-axis on the left of the first timesheet is labeled with numerical values from 100 to 800 in increments of 50. The x-axis is defined by the days of the week.

Unter \_\_\_\_\_

 Zwischen \_\_\_\_\_ und \_\_\_\_\_

## Über \_\_\_\_\_

Persönliche Bestmarke \_\_\_\_\_