

# Peak Flow Tracking Sheet

If your healthcare provider tells you to use a peak flow meter, you can use these 3 things together to help manage your asthma: 1) Your daily peak flow numbers; 2) Your personal best number; 3) Your asthma action plan.

Name: \_\_\_\_\_

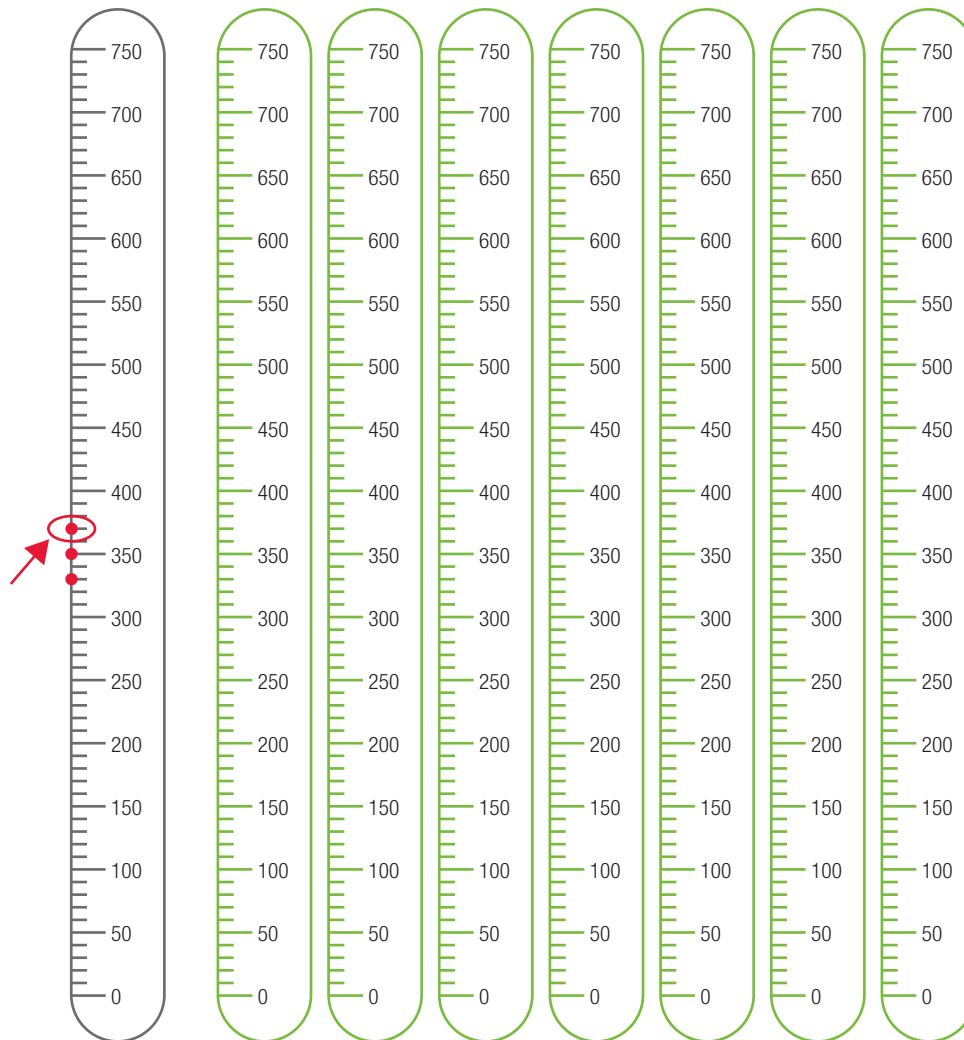
Personal Best Peak Flow: \_\_\_\_\_

(See back of page.)

Sample								
Date:	5/2	/	/	/	/	/	/	
Day:	Sun	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Peak Flow Number:	370							

## Begin by Finding Your Daily Peak Flow Number

- 1 Take 3 peak flow readings every day at the same time. Talk with your provider about the best time for you.
- 2 Mark each number on this sheet.
- 3 Circle the largest of the 3 numbers. That number is your **peak flow number** for that day.
- 4 Turn this sheet over to follow instructions for finding your personal best peak flow number.



*Please make copies of this sheet to track your peak flow readings each week.*

Show your record of peak flow readings to your healthcare provider at each visit.

## Next Find Your Personal Best Peak Flow Number




Now that you know how to find your daily peak flow number, the next step is to find your personal best peak flow number. You will not need to find that every day. After you have found it once, your provider can tell you when you should check for a new personal best number.

- 1 Take your peak flow readings each day for 2 to 3 weeks, as directed by your provider. See front side for instructions. Make sure your asthma is under control before finding your personal best.
- 2 Write down the peak flow number you get for each peak flow reading.
- 3 The highest peak flow number you had during those 2 to 3 weeks is your “**personal best**”.
- 4 Circle your personal best number in the left column of the chart below, and write it in the space provided on the first page.

## Then Find Your Zone

Once you know your personal best peak flow number, you can use the chart below to find your zone every day.

- 1 Find the personal best number that you circled in the left column.
- 2 Follow that line across the chart to the right to see where your daily peak flow reading falls.
- 3 That column will tell you what zone you are in (Red, Yellow, or Green).
- 4 Follow your asthma action plan based on your zone for the day.

	 Less than 50% of your personal best	 50% – 79% of your personal best	 80% or more of your personal best
Your Personal Best peak flow number:	You are in the Red Zone if your peak flow number is:	You are in the Yellow Zone if your peak flow number is:	You are in the Green Zone if your peak flow number is:
100	below 50	50 - 79	80 and above
125	below 63	63 - 99	100 and above
150	below 75	75 - 119	120 and above
175	below 88	88 - 139	140 and above
200	below 100	100 - 159	160 and above
225	below 113	113 - 179	180 and above
250	below 125	125 - 199	200 and above
275	below 138	138 - 219	220 and above
300	below 150	150 - 239	240 and above
325	below 163	163 - 259	260 and above
350	below 175	175 - 279	280 and above
375	below 188	188 - 299	300 and above
400	below 200	200 - 319	320 and above
425	below 213	213 - 339	340 and above
450	below 225	225 - 359	360 and above
475	below 238	238 - 379	380 and above
500	below 250	250 - 399	400 and above
525	below 263	263 - 419	420 and above
550	below 275	275 - 439	440 and above
575	below 288	288 - 459	460 and above
600	below 300	300 - 479	480 and above
	<b>RED ZONE: Danger.</b> Serious symptoms. Call 911. Get help now!	<b>YELLOW ZONE: Caution.</b> Symptoms getting worse.	<b>GREEN ZONE: Go.</b> Breathing is good.

**Follow your asthma action plan**