

Name \_\_\_\_\_

Medical Record Number \_\_\_\_\_



### How to Find Your Personal Best Peak Flow

Your personal best is your highest peak flow reading when you think your asthma is in good control (**green zone**). It helps your doctor calculate your expected peak flows for each of your asthma zones.

Find your personal best by checking your peak flow twice a day for 2 weeks when you think you are in your **green zone** and not having any asthma symptoms. The highest number you achieve is your personal best!

Day #	Date	Peak Flow AM	Peak Flow PM
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

### Measuring Your Peak Flow

Before you start, remove any gum or food you may have in your mouth. If you are using a rescue inhaler (i.e., Albuterol, ProAir, Xopenex), check your peak flow **BEFORE** using the medication.

1. Put the pointer on the gauge of the peak flow meter to 0.
2. Attach the mouthpiece to the meter.
3. Stand up, and take a deep breath.
4. Close your lips tightly around the mouthpiece. Keep your tongue away from the mouthpiece. Be sure that no holes are covered by your hands or fingers.
5. Breathe out as hard and as fast as you can for 1 or 2 seconds. A hard and fast breath usually makes a "huff" sound.
6. Check the number on the gauge, and write it down. This is your peak flow.
7. Repeat steps 1 through 6 two more times. Write down the **highest** of the three numbers in the chart.

My Personal Best Peak Flow =

