

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.
- 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.
- 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 =



Medical	Record Number	
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Name

Peak Flow and Your Asthma

When you have asthma, you need to know how well your lungs are working. One way to do this is by checking your peak flow, which is how fast you breathe out when you try your hardest. Your peak flow can help tell you if your asthma is staying the same, getting better, or getting worse.

Please check your peak flow twice a day when you think you are in your yellow or **red** zones.

Date	Peak Flow	How am	Peak Flow	How am
	AM	I feeling?	PM	I feeling?
sample				
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How Am I Feeling?



Green Zone –

Feeling GOOD

No cough, wheeze, chest tightness, or shortness of breath

Yellow Zone-

Feeling SO-SO

Slight cough, wheeze, chest tightness Waking up at night with cough

Red Zone-

Feeling BAD

Breathing very hard/fast Trouble walking/talking from breathing hard

> ⇒ Go to clinic or ER immediately!

