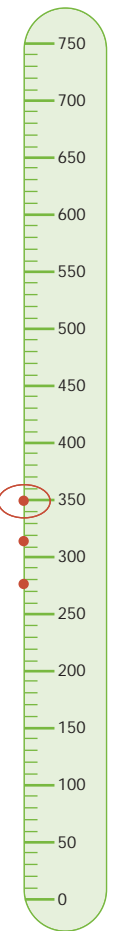
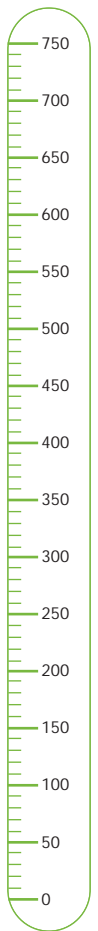
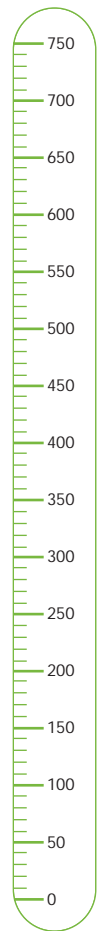
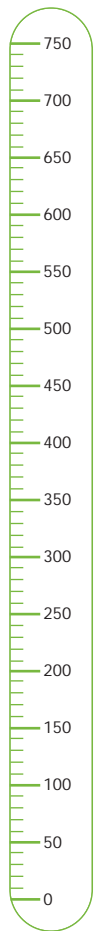
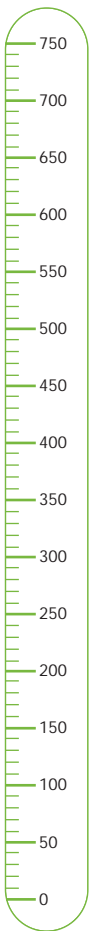
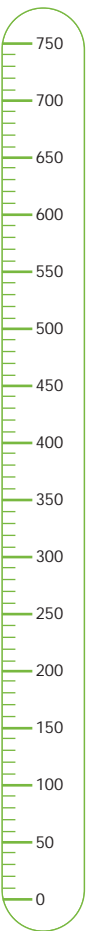
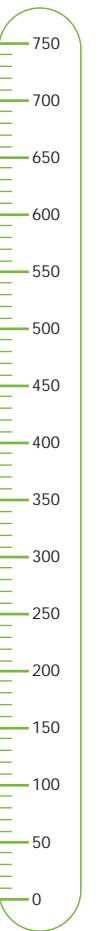
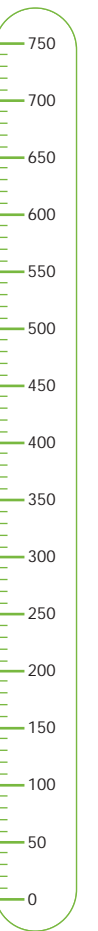


Peak Flow Tracking Sheet

Directions:

- 1 Use your peak flow meter as directed by your doctor. Try to take the readings at the same time of the day and record your results on the columns below.
- 2 Take 3 peak flow readings each time you use your peak flow meter. Mark each number in the column below. Circle the highest number. This is your peak flow number for the day.

Week Starting (date) _____

Example	Sun	Mon	Tue	Wed	Thur	Fri	Sat
 <u>350</u>	 _____	 _____	 _____	 _____	 _____	 _____	 _____

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

- 3 After you know your peak flow number, look at the table below and determine which zone you are in.
- First, find your Personal Best Peak Flow number in the blue column on the left (this number should also be recorded on your Asthma Action Plan). Ask your doctor if you do not know your Personal Best.
 - Then, follow the line across to find where today's peak flow number falls—green, yellow, or red zone.
- 4 Adjust your medicine according to your Asthma Action Plan.

Keep a journal of your peak flow readings. Show it to your doctor.

If your Personal Best Peak Flow number is:	You are in the Green Zone if your peak flow number is:	You are in the Yellow Zone if your peak flow number is:	You are in the Red Zone if your peak flow number is:
100	above 80	between 80 and 50	below 50
125	above 100	between 100 and 63	below 63
150	above 120	between 120 and 75	below 75
175	above 140	between 140 and 88	below 88
200	above 160	between 160 and 100	below 100
225	above 180	between 180 and 113	below 113
250	above 200	between 200 and 125	below 125
275	above 220	between 220 and 138	below 138
300	above 240	between 240 and 150	below 150
325	above 260	between 260 and 163	below 163
350	above 280	between 280 and 175	below 175
375	above 300	between 300 and 188	below 188
400	above 320	between 320 and 200	below 200
425	above 340	between 340 and 213	below 213
450	above 360	between 360 and 225	below 225
475	above 380	between 380 and 238	below 238
500	above 400	between 400 and 250	below 250
525	above 420	between 420 and 263	below 263
550	above 440	between 440 and 275	below 275
575	above 460	between 460 and 288	below 288
600	above 480	between 480 and 300	below 300
	GREEN ZONE = Doing well	YELLOW ZONE = Asthma symptoms worse — call your doctor	RED ZONE = Asthma symptoms severe — call 911. Get help NOW!

Know your Personal Best Peak Flow number. Personal Best Peak Flow: _____

**Take peak flow readings as directed by your doctor
to see if your asthma is well managed.**

