

PEAK FLOW TRACKING

FINDING YOUR PERSONAL BEST

A PEAK FLOW METER is a tool you can use to assess and manage your asthma.

To measure your Peak Flow, perform the following:

1. Stand up and take a deep breath in.
2. Place the Peak Flow Meter mouthpiece in your mouth, behind your teeth, making a tight seal.
3. Blow out hard and fast for about 2 seconds
4. Repeat 3 times. Record the best number of the three measurements.

To find your Personal Best Peak Flow, measure your peak flow twice a day (morning and night) before medication for two consecutive weeks when your asthma is under good control. The **highest number** recorded in the 2 week period is your **Personal Best**. Once you know your personal best peak flow number, you can use this number along with symptom awareness to monitor your asthma. Refer to your ASTHMA ACTION PLAN to guide you as to actions to take when your peak flow is in the GREEN, YELLOW, OR RED ZONE.

Note: A child's personal best peak flow should be re-established every 6 months as the child grows. An adult's personal best can decrease over time.

*Use the chart below to record your peak flow measurements for 2 weeks, when asthma is in good control, to establish your Personal Best Peak Flow.

Week 1

Date: _____

AM							
PM							

Week 2

Date: _____

AM							
PM							

After your Personal Best Peak Flow is established, refer to the PEAK FLOW ZONE chart as well as your ASTHMA ACTION PLAN to help you manage your asthma.

Take your peak flow often to keep track of your asthma. Share this information with your doctor at each visit.