**PEAK FLOW ZONE CHART**

**PERSONAL BEST PEAK FLOW:** ____________________

**GREEN ZONE = 80% of your Personal Best – Doing well!**
Keep taking your controller medicine.

**YELLOW ZONE = 60-79% of your Personal Best – Asthma symptoms present, or getting sick!**
Start Yellow Zone medication. Call doctor if peak flow drops for more than 24 hours or if no improvement with use of quick relief inhaler.

**RED ZONE = 50% of your Personal Best – Asthma symptoms severe!**
Follow Red Zone instructions. Call 911. Get help now!

Use the chart below as a guide with your ASTHMA ACTION PLAN to help you monitor your peak flow and asthma.

<table>
<thead>
<tr>
<th>GREEN ZONE</th>
<th>You are in the GREEN ZONE if your peak flow number is:</th>
<th>YELLOW ZONE</th>
<th>You are in the YELLOW ZONE if your peak flow number is:</th>
<th>RED ZONE</th>
<th>You are in the RED ZONE if your peak flow number is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>If your Personal Best Peak Flow number is:</td>
<td>Above 100</td>
<td>Between 50 and 80</td>
<td>Above 120</td>
<td>Between 65 and 100</td>
<td>Above 140</td>
</tr>
</tbody>
</table>