

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.

GREEN ZONE

YELLOW ZONE

RED ZONE

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 50 and 80	Below 50
125	Above 100	Between 65 and 100	Below 65
150	Above 120	Between 75 and 120	Below 75
175	Above 140	Between 90 and 140	Below 90
200	Above 160	Between 100 and 160	Below 100
225	Above 180	Between 115 and 180	Below 115
250	Above 200	Between 125 and 200	Below 125
275	Above 220	Between 140 and 220	Below 140
300	Above 240	Between 150 and 240	Below 150
325	Above 260	Between 165 and 260	Below 165
350	Above 280	Between 175 and 280	Below 175
375	Above 300	Between 190 and 300	Below 190
400	Above 320	Between 200 and 320	Below 200
425	Above 340	Between 215 and 340	Below 215
450	Above 360	Between 225 and 360	Below 225
475	Above 380	Between 240 and 380	Below 240
500	Above 400	Between 250 and 400	Below 250
525	Above 420	Between 265 and 420	Below 265
550	Above 440	Between 275 and 440	Below 275
575	Above 460	Between 290 and 460	Below 290
600	Above 480	Between 300 and 480	Below 300