

# Peak Flow Meter Chart

## Using the chart

First, you must figure out your breathing zones. These help you know how well you are breathing and if you are in danger of an asthma attack.

Write down your best peak flow meter score every day for 2 weeks. Your best score during this period is your **peak score**. Your breathing zones are based on this number.

## To set up your chart:

1. Write your peak score in the boxes on the chart marked 100%.
2. Multiply your peak score by 0.8. This is 80% of your peak score.
3. Multiply your peak score by 0.5. This is 50% of your peak score.
4. Write these numbers in the boxes on the chart marked 80% and 50%.

## GREEN ZONE

80% to 100% of peak score  
You are fine. Take your daily medicine and enjoy your day!



## YELLOW ZONE

50% to 80% of peak score  
You may be in danger. Take your rescue medicines, and use your peak flow meter again in 20 minutes. If your score does not reach your green zone, call your doctor.



## RED ZONE

less than 50% of peak score  
You are in danger of a major asthma attack. Take your rescue medicines, and call your doctor right away.



Peak Flow Meter Chart for John Doe

My peak score is: 510 (100%)  
 × 0.8 = 408 (80%)  
 × 0.5 = 255 (50%)

Date	GREEN ZONE (80%+)	YELLOW ZONE (50-80%)	RED ZONE (<50%)	Medications / dosage / time	Notes (triggers, symptoms)
Mon April 22	450 425				OK
Tue April 23		400 350		used rescue bronchodilator at 11:30 am and 4:30 pm	Mr. Jones was mowing his lawn next door (coughing, wheezing)
Wed April 24		375			OK - slight cough
Thu					

## To make your chart most useful:

1. Use your peak flow meter at the same times each morning and night.
2. Record all your daily scores.
3. Make notes about your triggers, symptoms and medicines.
4. Share your charts with your doctor.