

# PEAK FLOW MANAGEMENT CHART

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Personal Best Peak Flow: \_\_\_\_\_

Physician Phone: \_\_\_\_\_

**GREEN ZONE**  
(80% - 100%)

**Doing Well**

Range: to

No symptoms. Continue daily controller medications.

**YELLOW ZONE**  
(50% - 80%)

**Caution / Warning**

Range: to

Coughing, wheezing, or chest tightness. Use rescue inhaler as prescribed.

**RED ZONE**  
(Below 50%)

**Medical Emergency**

Range: Below

Breathless, medicine not helping. Seek immediate medical attention.

## How to use:

1. Move the marker to the bottom of the scale.
2. Stand up straight and take a deep breath.
3. Blow out as hard and fast as possible in a single blow.
4. Record the highest of three attempts in your daily log.