

PEAK FLOW REFERENCE CHART

Patient Name: _____

Personal Best: _____ L/min

Age: _____

Date: _____

ZONE	RANGE (% OF BEST)	PEAK FLOW VALUE (L/MIN)	STATUS / ACTION
Green	80% - 100%	-	Doing well. Continue maintenance.
Yellow	50% - 79%	-	Caution. Use rescue inhaler.
Red	Below 50%	-	Medical Emergency. Seek help now.

Standardized Reference Instructions:

1. Stand up and slide the marker to the bottom.
2. Take a deep breath, fill lungs completely.
3. Blow into the mouthpiece as hard and fast as possible.
4. Record the highest of three attempts.