



Managing Asthma: Peak Flow Chart

Peak Flow Chart

Name: _____
 Doctor: _____
 Date: _____



How to use a peak flow chart at home.



1. Find your peak flow number in the morning and evening.
2. Each morning and each evening blow 3 times.
3. After each blow, mark the spot where the marker stopped.
4. Put the meter next to the peak flow chart to help you find the spot to mark.
5. Circle the highest of the 3 numbers. That is your peak flow number.

Sample Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	Morning	Morning	Morning	Morning	Morning	Morning	Morning
Evening	Evening	Evening	Evening	Evening	Evening	Evening	Evening
1000	1000	1000	1000	1000	1000	1000	1000
900	900	900	900	900	900	900	900
800	800	800	800	800	800	800	800
700	700	700	700	700	700	700	700
600	600	600	600	600	600	600	600
500	500	500	500	500	500	500	500
400	400	400	400	400	400	400	400
300	300	300	300	300	300	300	300
200	200	200	200	200	200	200	200
100	100	100	100	100	100	100	100
50	50	50	50	50	50	50	50

People with moderate or severe asthma should take readings:

- Every morning
- Every evening
- After an exacerbation
- Before inhaling certain medications

My Reading Chart An Asthma Peak Flow Meter Charting Journal

Katrin Zwirgmaier



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