

Weekly Peak Flow Chart

Green Zone: _____

Yellow Zone: _____

Red Zone: _____

Peak Flow Value	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
800														
750														
700														
650														
600														
550														
500														
450														
400														
350														
300														
250														
200														
150														
100														
50														

Record on this chart you're highest of three attempts in the morning and night as well.

You then take your value and assess it on your asthma action plan. Based on your value will determine if your in the green, yellow, or red level and steps need to be taken to manage asthma.

If a peak flow is used properly and routinely, problems can be detected before wheezing and coughing start.

Proper use of this chart can help determine the effectiveness of maintenance medication and routine.

These trend sheets should be saved and taken back to your doctor to determine how well you are maintaining and if an adjustment to your treatment is indicated.

WEEK: _____