

Your Health Checklist: Finding Your Personal Best Peak Flow

Your healthcare provider may recommend that you self-monitor your asthma with a device called a peak flow meter. A peak flow meter measures how forcefully you can exhale. For best results, ask your healthcare provider to help you record your “personal best” peak flow and record it at the top of your asthma action plan.

Follow this checklist to help you to find your personal best peak flow.

Do: Track your peak flow at the same time every day for two weeks when your asthma is well-controlled.

Do: Make a note of your highest reading during this time. This number will be your personal best peak flow. This is the number you will compare to any future reading.

Do: Write down any peak flow number higher than your personal best and share this important information with your healthcare provider at your next visit.

If your asthma control improves, which may occur at different times of the year, your personal best peak flow reading may change.

Do: Record a new personal best peak flow reading every time you replace your peak flow meter.

Do not: Continue with your established personal best peak flow number if you get a new peak flow meter.

Follow this checklist to find your personal best peak flow reading and use this number to see how well your asthma is being managed.