

# Your “Personal Best” Peak Flow Number

A **peak flow meter** is a small device that measures how fast you can blow air out of your lungs. When you use a peak flow meter, the device will give you a reading or number. This peak flow number tells you how well your asthma is doing.

You will need to get what is called your “**personal best**” **peak flow number**. Your personal best number is the best reading you get within a 2 to 3 week time period.

## How to Find Your “Personal Best” Peak Flow Number:

1. Ask your doctor for a peak flow meter.
2. Make sure your asthma is in good control.
3. Use the peak flow meter as directed by your doctor for 2 to 3 weeks.
4. Write down your best peak flow number each time.
5. Look at all the readings you’ve had over a 2 to 3 weeks. The highest number is your personal best.

## What should I do with my personal best number?

Your doctor will give you a range of numbers for each zone (green, yellow, red). This should be part of your Asthma Action Plan and will help you know what to do based on your daily peak flow.

Write down your peak flow number every day to monitor which zone you’re in. Follow the steps recommended in your Asthma Action Plan based on that day’s peak flow number.

When you see your doctor, be sure to share your the peak flow numbers you’ve been tracking. Your doctor may update your Asthma Action Plan.



### Want to learn more?

If you have any questions or want to learn more about your personal best peak flow number, call us at **1-800-578-0603** (TTY: 711).