

Finding Your Personal Best Peak Flow Number

You can use your “personal best” to see how well you are managing your asthma.

To Find Your Personal Best

- Get a peak flow meter from your doctor
- Make sure your asthma is under good control
- Take your peak flow as directed by your doctor for 2 to 3 weeks
- Write down the peak flow number you get for each peak flow reading
- The highest peak flow number you had during the 2 to 3 weeks is your “personal best”

After You Know Your Personal Best

You can compare your peak flow reading to your “personal best” to see if your asthma is well managed.

Your “personal best” can change over time. Ask your doctor when to check for a new “personal best.”

Talk to your doctor about:

- Using a peak flow meter
- Finding your “personal best” peak flow number
- Tracking your peak flow numbers

