**Asthma Action Plan**

Work with your healthcare provider to complete this asthma action plan. Each day, find your zone based on your asthma symptoms and peak flow number. Then follow the medicine instructions below for your zone, as directed by your provider. Use your peak flow meter as often as your provider tells you.

### How Are My Symptoms Today?

<table>
<thead>
<tr>
<th>Green Zone: Go</th>
<th>Yellow Zone: Caution</th>
<th>Red Zone: Danger</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breathing is good</strong></td>
<td><strong>My symptoms are getting worse</strong></td>
<td><strong>I am having serious symptoms</strong></td>
</tr>
<tr>
<td>• No cough, wheeze, shortness of breath, or chest tightness</td>
<td>• Cough, wheeze, shortness of breath, or chest tightness</td>
<td>• Very short of breath; ribs show</td>
</tr>
<tr>
<td>• Sleeping through the night</td>
<td>• Waking at night due to asthma symptoms</td>
<td>• Rescue inhaler medicine does not help</td>
</tr>
<tr>
<td>• Can do usual activities (work, play)</td>
<td>• Can do some—but not all—usual activities</td>
<td>• Can’t do usual activities</td>
</tr>
<tr>
<td>• Generally don’t need rescue inhaler medicine</td>
<td>• Using more rescue inhaler medicine</td>
<td>• Using more rescue inhaler medicine</td>
</tr>
</tbody>
</table>

**Peak Flow is:**

**Green Zone:**

**Yellow Zone:**

**Red Zone:**

**TAKE: Daily Preventive Asthma Medicine**

- **Medicine:**
  - How much:
  - When:

- **Medicine:**
  - How much:
  - When:

- **Medicine:**
  - How much:
  - When:

**ADD ADDITIONAL:**

- **Medicine:**
  - How much:
  - When:

**Use your asthma action plan every day. Review your plan with your provider every 3 to 6 months. Share your plan with family, friends, teachers, coaches, neighbors, and babysitters.**