How well controlled is your asthma?

- **Well Controlled**
  - Symptoms less than weekly
  - Brief asthma episodes
  - Nighttime symptoms no more that twice a month
  - Normal lung function between episodes

- **Moderately Well Controlled**
  - Symptoms more than once a week but not daily
  - Nighttime symptoms more than twice a month but not weekly
  - Normal lung function between episodes

- **Poorly Controlled**
  - Symptoms daily
  - Asthma episodes may affect activity & sleep
  - Nighttime symptoms weekly or more often
  - FEV1 60-80 percent of predicted OR
  - PEF 60-80 percent of personal best

- **Very Poorly Controlled**
  - Symptoms daily
  - Frequent asthma episodes
  - Frequent nighttime asthma symptoms
  - FEV1 ≤ 60 percent predicted OR
  - PEF ≤ 60 percent of personal best