How well controlled is your asthma?

**Well Controlled**
- Symptoms less than weekly
- Brief asthma episodes
- Nighttime symptoms no more than 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