

Table 1 The *Breathe-easy*© algorithm

Symptoms	Night-time awakening	Interference with normal activity	SABA for symptom control (not prevention of exercise-induced bronchoconstriction)	FEV ₁	Total Score	Asthma Control Zone	Levels of asthma Control
≤2 days/week (0)	0/week (0)	None (0)	≤2 days/week (0)	>80% predicted/ personal best (0)	0	Green	Well-controlled
>2 days/week (1)	1-3x/week (1)	Some limitation (1)	>2 days/week (1)	70-80% predicted/ personal best (1)	5	Yellow	Not well-controlled
>2 days/week (1)	1-3x/week (1)	Some limitation (1)	>2 days/week (1)	60-69% predicted/ personal best (2)	6	Orange	
Throughout the day (3)	≥4x/week (3)	Extremely limited (3)	Several times per day (3)	<60% predicted/ personal best (3)	7 - 15	Red	Very poorly controlled
Categories		Message/Feedback					
0	Well-controlled	Your asthma seems to be well-controlled. Continue your current asthma management including any medications you are currently using.					
1-5	Not well-controlled	Your asthma seems to be getting worse, refer to your asthma action plan and make any changes in management as recommended.					
6		Your asthma seems to be getting worse, refer to your asthma action plan and make any changes in management as recommended. If still no improvement, your asthma needs to be reviewed by a health professional.					
7 - 15	Very Poorly Controlled	Follow the Asthma First Aid Plan and call an Ambulance if there is no improvement in your symptoms. Your asthma needs to be reviewed by a health professional.					