Giving instructions

The last thing to remember is to record the highest of the three readings on your Daily Record Chart.

After that, I want you to blow into the peak flow meter two more times.

Now, blow as hard and as fast as you can with one breath.

Right, first of all, just move the red indicator to the bottom of the numbered scale, like this.

Now, stand up. Take a deep breath and try to fill your lungs as much as you can.

Make a note of the final position of the marker.

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