

Adult • Peak Flow Zone Calculator

340 360 380 400 420 440 460 480 500 520 540 560 580 600 620 640 660 680 700 720 740



Green Zone
80-100% of Personal Best



Yellow Zone
50-80% of Personal Best



Red Zone
<50% of Personal Best

liters/min

Predicted Average Peak Expiratory Flow Guidelines.

740	720	700	680	660	640	620	600	580	560	540	520	500	480	460	440	420	400	380	360	340
to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to
590	580	560	540	530	510	500	480	460	450	430	420	400	390	370	350	340	320	300	290	270
to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to
590	580	560	540	530	510	500	480	460	450	430	420	400	390	370	350	340	320	300	290	270
to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to
370	360	350	340	330	320	310	300	290	280	270	260	250	240	230	220	210	200	190	180	170
to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

PULMICORT TURBUHALER is not a bronchodilator and is not indicated for the relief of acute bronchospasm.

INSTRUCTIONS:

1. Set indicator to personal best or predicted PEF.
2. Read zone ranges. (Ranges have been rounded to the nearest 10 liters/min.)

Predicted Average Peak Expiratory Flow (liters per minutes)

NORMAL MALES						NORMAL FEMALES							
AGE (Yrs)	HEIGHT					AGE (Yrs)	HEIGHT						
	in	60"	65"	70"	75"		80"	in	55"	60"	65"	70"	75"
(Yrs)	cm	152	165	178	191	203	(Yrs)	cm	140	152	165	178	191
20		554	575	594	611	626	20		444	460	474	486	497
25		580	603	622	640	656	25		455	471	485	497	509
30		594	617	637	655	672	30		458	475	489	502	513
35		599	622	643	661	677	35		458	474	488	501	512
40		597	620	641	659	675	40		453	469	483	496	507
45		591	613	633	651	668	45		446	462	476	488	499
50		580	602	622	640	656	50		437	453	466	478	489
55		566	588	608	625	640	55		427	442	455	467	477
60		551	572	591	607	622	60		415	430	443	454	464
65		533	554	572	603	65		403	417	430	441	451	
70		515	535	552	568	582	70		390	404	416	427	436
75		496	515	532	547	560	75		377	391	402	413	422

This table is only a guideline. The National Asthma Education and prevention program recommends that a patient's personal best be used as a baseline reading. Personal best is the maximum peak flow that patients can attain when their asthma is considered to be under control.

Pediatric • Peak Flow Zone Calculator

480 460 440 420 400 380 360 340 320 300 280 260 240 220 200 180 160 140



Green Zone
80-100% of Personal Best



Yellow Zone
50-80% of Personal Best



Red Zone
<50% of Personal Best

liters/min

Predicted Average Peak Expiratory Flow Guidelines.

480	460	440	420	400	380	360	340	320	300	280	260	240	220	200	180	160	140
to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to
380	370	350	340	320	300	290	270	260	240	220	210	190	180	160	140	130	110
to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to
240	230	220	210	200	190	180	170	160	150	140	130	120	110	100	90	80	70
to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to	to
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

INSTRUCTIONS:

1. Set indicator to personal best or predicted PEF.
2. Read zone ranges. (Ranges have been rounded to the nearest 10 liters/min.)

Predicted Average Peak Expiratory Flow (liters per minutes)

NORMAL CHILDREN AND ADOLESCENTS

Height (inches)	Males & Females	Height (inches)	Males & Females	Height (inches)	Males & Females
43	147	51	254	59	360
44	160	52	267	60	373
45	173	53	280	61	387
46	187	54	293	62	400
47	200	55	307	63	413
48	214	56	320	64	427
49	227	57	334	65	440
50	240	58	347	66	454

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