

PEAK FLOW METER

SAFETY ZONE

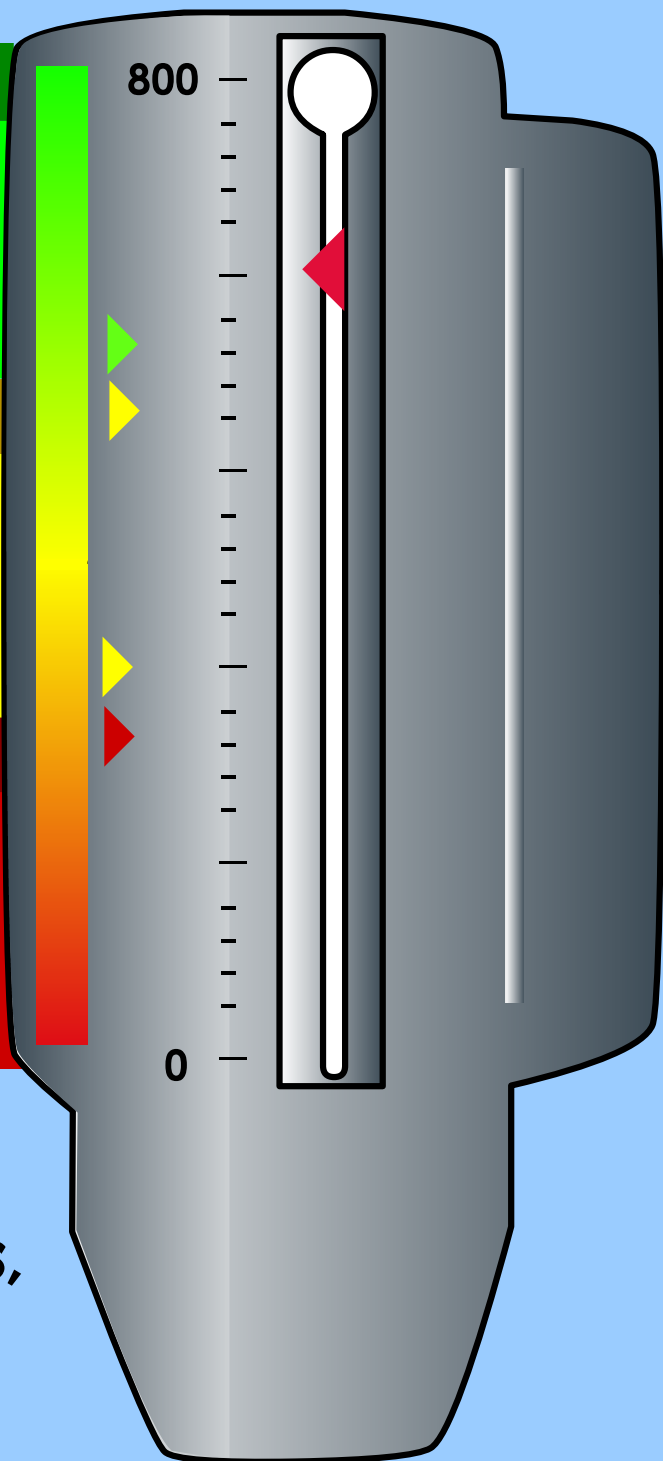
Lungs are functioning at 80% to 100% of your personal best.

CAUTION ZONE

Lungs are functioning at 50% to 80% of your personal best.

DANGER ZONE

Lungs are functioning at less than 50% of your personal best.



Note: For best results, take three readings.

Record meter reading.