

Peak Flow Zone Ranges

The values for each peak flow zone can be determined once you have established your child's optimal peak flow value from either national norms (based on height and/or age) or from monitoring your child's best peak flow during a period of wellness. Use this chart to determine the value range for each zone based on your child's predicted peak flow or personal best.

Predicted/Personal Best	Green Zone	Yellow Zone	Red Zone
100	100 to 80	80 to 50	Below 50
120	120 to 100	100 to 60	Below 60
140	140 to 110	110 to 70	Below 70
160	160 to 130	130 to 80	Below 80
180	180 to 140	140 to 90	Below 90
200	200 to 160	160 to 100	Below 100
220	220 to 140	180 to 110	Below 110
240	240 to 190	190 to 120	Below 120
260	260 to 210	210 to 130	Below 130
280	280 to 220	220 to 140	Below 140
300	300 to 240	240 to 150	Below 150
320	320 to 250	250 to 160	Below 160
340	340 to 270	270 to 170	Below 170
360	360 to 290	290 to 180	Below 180
380	380 to 300	300 to 190	Below 190
400	400 to 320	320 to 200	Below 200
420	420 to 340	340 to 210	Below 210
440	440 to 350	350 to 220	Below 220
460	460 to 370	370 to 230	Below 230
480	480 to 380	380 to 240	Below 240
500	500 to 400	400 to 250	Below 250
520	520 to 420	420 to 260	Below 260
540	540 to 430	430 to 270	Below 270
560	560 to 450	450 to 280	Below 280
580	580 to 460	460 to 290	Below 290
600	600 to 480	480 to 300	Below 300
620	620 to 500	500 to 310	Below 310
640	640 to 510	510 to 320	Below 320
660	660 to 530	530 to 330	Below 330
680	680 to 540	540 to 340	Below 340
700	700 to 560	560 to 350	Below 350
720	720 to 580	580 to 360	Below 360
740	740 to 590	590 to 370	Below 370
760	760 to 600	600 to 380	Below 380
780	780 to 620	620 to 390	Below 390
800	800 to 640	640 to 400	Below 400