

Predicted Peak Flow Measurements

Please use your child's recent height to determine his/her predicted peak flow value. Remember, this is an estimated value. Your child's average peak flow value when well (without symptoms) is the best estimate of his/her actual value.

Height (in)	Height (cm)	Boys + Girls	Height (in)	Height (cm)	Boys + Girls
43	109	147	55	140	307
44	112	160	56	142	320
45	114	173	57	145	334
46	117	187	58	147	347
47	119	200	59	150	360
48	122	214	60	152	373
49	124	227	61	155	387
50	127	240	62	157	400
51	130	254	63	160	413
52	132	267	64	163	427
53	135	280	65	165	440
54	137	293	66	168	454

Normal Adult Males (20 years)

Height (in/cm)	60"/152	65"/165	70"/178	75"/191	80"/203
	554	575	594	611	626

Normal Adult Females (20 years)

Height (in/cm)	55"/140	60"/152	65"/165	70"/178	75"/191
	444	460	474	486	497