




Peak Expiratory Flow Chart– CT004

Description	<p>◆ This chart sets out the standardised procedure for assessing a person’s resting respiratory function using a Peak Expiratory Flow meter. The chart gives two statistical tables (Men and Women) to determine a person’s PEF rating value. It is one of the charts in the set of 8 charts in the Health / Fitness Assessment Protocols which provide health professionals and fitness trainers with information on how to assess a person’s fitness.</p>
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Details	1. Dimension: A3 Size
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Image	<div style="border: 2px solid blue; padding: 10px;"> <p style="text-align: center;">Peak Expiratory Flow</p> <ul style="list-style-type: none"> ● PEF is an objective assessment of resting respiratory function that can be used to identify lung weakness or damage from conditions such as tobacco smoking. It is a measure of the maximum rate of air flow from the lungs in litres per minute. ● Low PEF can be indicative of lung obstruction conditions such as asthma. ● A maximal expiratory effort is conducted from a maximal lung inflation. ● The expiration is fast, normally lasting only for a second or so, and should be carried out three times. ● The highest value is the subject's PEF. <div style="text-align: center;">  </div> <div style="text-align: center; margin-top: 20px;"> <p>MEN (ml / min)</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Height (inches)</th> <th>15</th><th>20</th><th>25</th><th>30</th><th>35</th><th>40</th><th>45</th><th>50</th><th>55</th><th>60</th><th>65</th><th>70</th> <th>Height (cm)</th> </tr> </thead> <tbody> <tr><td>75</td><td>560</td><td>610</td><td>645</td><td>655</td><td>655</td><td>650</td><td>635</td><td>625</td><td>610</td><td>600</td><td>590</td><td>580</td><td>191</td></tr> <tr><td>72</td><td>550</td><td>600</td><td>630</td><td>645</td><td>645</td><td>635</td><td>625</td><td>610</td><td>600</td><td>590</td><td>580</td><td>570</td><td>183</td></tr> <tr><td>69</td><td>540</td><td>590</td><td>620</td><td>635</td><td>635</td><td>625</td><td>615</td><td>600</td><td>590</td><td>575</td><td>565</td><td>555</td><td>175</td></tr> <tr><td>66</td><td>530</td><td>580</td><td>610</td><td>625</td><td>625</td><td>615</td><td>605</td><td>590</td><td>575</td><td>565</td><td>555</td><td>545</td><td>167</td></tr> <tr><td>63</td><td>520</td><td>570</td><td>600</td><td>610</td><td>615</td><td>605</td><td>590</td><td>575</td><td>565</td><td>555</td><td>545</td><td>535</td><td>160</td></tr> </tbody> </table> </div> <div style="text-align: center; margin-top: 20px;"> <p>WOMEN (ml / min)</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Height (inches)</th> <th>15</th><th>20</th><th>25</th><th>30</th><th>35</th><th>40</th><th>45</th><th>50</th><th>55</th><th>60</th><th>65</th><th>70</th> <th>Height (cm)</th> </tr> </thead> <tbody> <tr><td>69</td><td>480</td><td>485</td><td>490</td><td>495</td><td>495</td><td>495</td><td>490</td><td>480</td><td>470</td><td>460</td><td>445</td><td>430</td><td>175</td></tr> <tr><td>66</td><td>470</td><td>475</td><td>480</td><td>485</td><td>485</td><td>480</td><td>475</td><td>470</td><td>460</td><td>450</td><td>435</td><td>415</td><td>167</td></tr> <tr><td>63</td><td>460</td><td>465</td><td>470</td><td>475</td><td>475</td><td>470</td><td>465</td><td>460</td><td>450</td><td>435</td><td>420</td><td>405</td><td>160</td></tr> <tr><td>60</td><td>450</td><td>455</td><td>460</td><td>465</td><td>465</td><td>460</td><td>455</td><td>445</td><td>435</td><td>425</td><td>410</td><td>395</td><td>152</td></tr> <tr><td>57</td><td>440</td><td>445</td><td>450</td><td>450</td><td>450</td><td>450</td><td>445</td><td>435</td><td>425</td><td>415</td><td>400</td><td>385</td><td>145</td></tr> </tbody> </table> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;">   </div> </div>	Height (inches)	15	20	25	30	35	40	45	50	55	60	65	70	Height (cm)	75	560	610	645	655	655	650	635	625	610	600	590	580	191	72	550	600	630	645	645	635	625	610	600	590	580	570	183	69	540	590	620	635	635	625	615	600	590	575	565	555	175	66	530	580	610	625	625	615	605	590	575	565	555	545	167	63	520	570	600	610	615	605	590	575	565	555	545	535	160	Height (inches)	15	20	25	30	35	40	45	50	55	60	65	70	Height (cm)	69	480	485	490	495	495	495	490	480	470	460	445	430	175	66	470	475	480	485	485	480	475	470	460	450	435	415	167	63	460	465	470	475	475	470	465	460	450	435	420	405	160	60	450	455	460	465	465	460	455	445	435	425	410	395	152	57	440	445	450	450	450	450	445	435	425	415	400	385	145
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