



What is a normal peak flow?

Men

height	1.60 m	1.68 m	1.75 m	1.83 m	1.90 m
age	Expected peak flow	Expected Peak flow	Expected Peak flow	Expected Peak flow	Expected Peak flow
20	590	625	655	690	720
25	580	610	645	675	705
30	565	595	630	665	695
35	550	580	615	650	680
40	535	570	605	635	670
45	520	555	590	625	655
50	510	540	575	610	640
55	495	530	560	595	625
60	480	515	550	580	615
65	465	500	530	570	600
70	450	490	520	555	585
75	440	475	510	540	575

Women

height	1.48 m	1.52 m	1.60 m	1.68 m	1.75 m
age	Expected peak flow	Expected Peak flow	Expected Peak flow	Expected Peak flow	Expected Peak flow
20	420	450	480	510	540
25	410	440	470	500	530
30	400	430	460	490	520
35	390	420	450	480	510
40	380	410	440	470	500
45	370	400	430	460	490
50	360	390	420	450	480
55	350	380	410	440	470
60	340	370	400	430	460
65	330	360	390	420	450
70	320	350	380	410	440
75	310	340	370	400	430

Children

height	1.10 m	1.20 m	1.30 m	1.40 m	1.50 m	1.60 m	1.70 m	1.80 m	190 m
Expected Peak flow	120	175	240	295	355	410	475	530	585

How to work out YOUR expected Peak flow:

- Step 1: measure your height
- Step 2: look at the charts for your gender, age and height and work out your expected peakflow
- Step 3: take the best of 3 of your personal peak flow readings and compare to table

If your height is not listed:
Add or subtract 5 Points for every Centimetre more or less to the expected peakflow, which is closest to your personal height

Make it easy!
 Online calculator
<https://reference.medscape.com/calculator/peak-expiratory-flow>