

**Predicted Pediatric Guide to
Peak Flow Zones for Providers
(Revised September 2000)**

Height	Predicted Peak Flow	Green Zone (100-80%)	Yellow Zone (79-50%)	Red Zone (Below 50%)
43"	147	150 – 119	118 – 74	<74
44"	160	160 – 128	127 – 80	<80
45"	173	175 – 139	138 – 87	<87
46"	187	190 – 150	149 – 94	<94
47"	200	200 – 160	159 – 100	<100
48"	214	215 – 171	170 – 107	<107
49"	227	230 – 182	181 – 114	<114
50"	240	240 – 192	191 – 120	<120
51"	254	255 – 203	202 – 127	<127
52"	267	270 – 214	213 – 134	<134
53"	280	280 – 224	223 – 140	<140
54"	293	295 – 234	233 – 147	<147
55"	307	310 – 246	245 – 154	<154
56"	320	320 – 256	255 – 160	<160
57"	334	335 – 267	266 – 167	<167
58"	347	350 – 278	277 – 174	<174
59"	360	360 – 288	287 – 180	<180
60"	373	375 – 298	297 – 187	<187
61"	387	390 – 310	309 – 194	<194
62"	400	400 – 320	319 – 200	<200
63"	413	415 – 330	329 – 207	<207
64"	427	430 – 342	341 – 214	<214
65"	440	440 – 352	351 – 220	<220
66"	454	455 – 363	362 – 227	<227
67"	468	470 – 374	373 – 234	<234
68"	482	485 – 385	384 – 241	<241
69"	498	495 – 398	397 – 249	<249
70"	510	510 – 408	407 – 255	<255
71"	525	525 – 420	419 – 262	<262
72"	539	540 – 431	430 – 269	<269