

### American Lung Association Tip Sheet: Peak Flow Meter Readings & Physical Activity Notes

Color	Peak Flow Reading	Physical Activity Notes
Green	80-100%	Full participation
Yellow	50-80%	<ul style="list-style-type: none"><li>• student should take rescue inhaler as prescribed</li><li>• modified participation</li><li>• inquire about pre-medication</li><li>• increase warm-up and cool-down periods, etc., per student's Asthma Action Plan</li></ul>
Red	less than 50%	<p>Medical Alert:</p> <ul style="list-style-type: none"><li>• student should take rescue inhaler as prescribed</li><li>• may require emergency protocol</li><li>• check student's Asthma Action Plan</li><li>• no physical activity</li><li>• if student improves after taking medication as prescribed, include student in activities such as time- or scorekeeper</li></ul>