

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