

Name:

Age:..... Height:.....

Breathing frequency

BF =(breaths per minute)

Vital capacity

Predict. VC

Males: Predict. VC (ml) = [27.63 – (0.112 x age (yrs)] x height (cm)

Females: Predict. VC (ml) = [21.78 – (0.101 x age (yrs)] x height (cm)

Predict. VC (ml) ==(l)

Measured VC

FEV₁ [l] – volume expired in the 1st second

FVC [l] – forced vital capacity

PEF [l/min] – peak expiratory flow

FER [%] –Tiffenau index = 100* [FEV1/FVC]

BTPS factor: 1.09

	FEV ₁ [l]		FVC [l]		PEF [l/min]	FER [%]
	-----	* 1.09	-----	* 1.09	-----	-----
1 st measurement (FVC)						
2 nd measurement (VC)						

Compare your measured values with the predicted values and express them as a percentage of the predicted values.

Predict. VC.....(l) = 100%

Measured VC..... (l) = x %

x = [Measured VC (l) x 100] / Predict. VC (l) ==%

My Vital capacity (VC or FVC) is% from predict. vital capacity (100%).