Name: ………..................................…………………………………………....
Age:………………...   Height:…………………………

Breathing frequency

BF = ……………..(breaths per minute)

Vital capacity

<u>Predict. VC</u>

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)

<u>Measured VC</u>

FEV_1 [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	------------	------------
1st measurement (FVC)						
2nd 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%).