Peak Flow Meter Weekly Usage Chart

Week	Height		Weight		Green Zone	80% - 100% of Personal Best
	Age		Expected Rate		Yellow Zone	50% - 80% of Personal Best
					Red Zone	Upto 50% of Personal Best

	Date:			Date:			Date:			Date:			Date:			Date:			Date:		
	Time			Time			Time			Time			Time			Time			Time		
Rate																					
600																					
500																					
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