



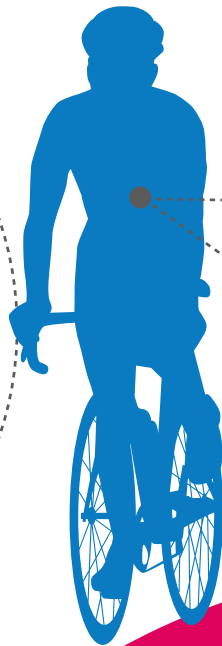
# On your marks... get set...breathe

How do you compare to GB triathlete  
John Wood?

Name: John Wood  
Sport: Triathlon  
Age: 25  
Gender: Male  
Height: 190  
Sitting height: 100  
Asthmatic: No  
Vital capacity: 7.0 litres  
Peak flow: 760 litres / min

## Your Data

Name: \_\_\_\_\_  
Favourite activity: \_\_\_\_\_  
Gender: \_\_\_\_\_  
Age: \_\_\_\_\_  
Height: \_\_\_\_\_ cm  
Sitting height: \_\_\_\_\_ cm  
Asthmatic: \_\_\_\_\_



Vital capacity  
**7.0**  
litres

Peak flow  
**760**  
litres/min

Vital  
capacity

litres

Peak flow

litres/min

## Live Data Zone

Enabling you to work like a real scientist

Check out...

[www.getinthezone.org.uk/livedatazone](http://www.getinthezone.org.uk/livedatazone) to see experiment results from across the UK. Add your results to compare with others in your class, school, and the national average data.



Visit the Live Data Zone to find out the following information:

Overall, do taller people have larger lungs?

The national average vital capacity for people of your height



Litres

The national average peak flow for people your age



Litres/min

[www.getinthezone.org.uk](http://www.getinthezone.org.uk)

Practical science exploring the mind and body in motion