

Vital Capacity Chart – Male

	20	25	30	35	40	45	50	55	60	65	70	75	80
4' 6"	2.7	2.6	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.5
4' 7"	2.8	2.7	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.7	1.6
4' 8"	2.9	2.8	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	1.9	1.8	1.7
4' 9"	3.0	2.9	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.1	2.0	1.9	1.7
4' 10"	3.1	3.0	3.0	2.9	2.8	2.7	2.6	2.5	2.3	2.2	2.1	1.9	1.8
4' 11"	3.2	3.1	3.1	3.0	2.9	2.8	2.7	2.5	2.4	2.3	2.1	2.0	1.8
5'	3.3	3.3	3.2	3.1	3.0	2.9	2.8	2.6	2.5	2.4	2.2	2.1	1.9
5' 1"	3.4	3.4	3.3	3.2	3.1	3.0	2.8	2.7	2.6	2.4	2.3	2.1	2.0
5' 2"	3.6	3.5	3.4	3.3	3.2	3.1	2.9	2.8	2.7	2.5	2.4	2.2	2.0
5' 3"	3.7	3.6	3.5	3.4	3.3	3.2	3.0	2.9	2.8	2.6	2.4	2.3	2.1
5' 4"	3.8	3.7	3.6	3.5	3.4	3.3	3.1	3.0	2.8	2.7	2.5	2.4	2.2
5' 5"	3.9	3.8	3.7	3.6	3.5	3.4	3.2	3.1	2.9	2.8	2.6	2.4	2.2
5' 6"	4.0	3.9	3.8	3.7	3.6	3.5	3.3	3.2	3.0	2.9	2.7	2.5	2.3
5' 7"	4.2	4.1	4.0	3.8	3.7	3.6	3.4	3.3	3.1	2.9	2.8	2.6	2.4
5' 8"	4.3	4.2	4.1	3.9	3.8	3.7	3.5	3.4	3.2	3.0	2.9	2.7	2.5
5' 9"	4.4	4.3	4.2	4.1	3.9	3.8	3.6	3.5	3.3	3.1	2.9	2.7	2.5
5' 10"	4.5	4.4	4.3	4.2	4.0	3.9	3.7	3.6	3.4	3.2	3.0	2.8	2.6
5' 11"	4.7	4.6	4.4	4.3	4.2	4.0	3.9	3.7	3.5	3.3	3.1	2.9	2.7
6'	4.8	4.7	4.6	4.4	4.3	4.1	4.0	3.8	3.6	3.4	3.2	3.0	2.8
6' 1"	4.9	4.8	4.7	4.6	4.4	4.2	4.1	3.9	3.7	3.5	3.3	3.1	2.8
6' 2"	5.1	5.0	4.8	4.7	4.5	4.4	4.2	4.0	3.8	3.6	3.4	3.1	2.9
6' 3"	5.2	5.1	4.9	4.8	4.6	4.5	4.3	4.1	3.9	3.7	3.5	3.2	3.0
6' 4"	5.3	5.2	5.1	4.9	4.8	4.6	4.4	4.2	4.0	3.8	3.6	3.3	3.1
6' 5"	5.5	5.4	5.2	5.1	4.9	4.7	4.5	4.3	4.1	3.9	3.7	3.4	3.1
6' 6"	5.6	5.5	5.4	5.2	5.0	4.8	4.6	4.4	4.2	4.0	3.8	3.5	3.2
6' 7"	5.8	5.6	5.5	5.3	5.2	5.0	4.8	4.6	4.3	4.1	3.8	3.6	3.3
6' 8"	5.9	5.8	5.6	5.5	5.3	5.1	4.9	4.7	4.4	4.2	3.9	3.7	3.4
6' 9"	6.1	5.9	5.8	5.6	5.4	5.2	5.0	4.8	4.6	4.3	4.0	3.8	3.5
6' 10"	6.2	6.1	5.9	5.7	5.6	5.4	5.1	4.9	4.7	4.4	4.1	3.9	3.6
6' 11"	6.4	6.2	6.1	5.9	5.7	5.5	5.3	5.0	4.8	4.5	4.2	4.0	3.7

Estimated vital capacities for males in liters. Follow height (in left

Vital Capacity Chart – Male

	20	25	30	35	40	45	50	55	60	65	70	75	80
1.00	1.46	1.44	1.42	1.40	1.38	1.36	1.33	1.31	1.29	1.27	1.25	1.23	1.21
1.05	1.61	1.59	1.56	1.54	1.52	1.49	1.47	1.45	1.43	1.40	1.38	1.36	1.34
1.10	1.76	1.74	1.72	1.69	1.67	1.64	1.62	1.59	1.57	1.54	1.52	1.49	1.47
1.15	1.93	1.90	1.87	1.85	1.82	1.79	1.77	1.74	1.71	1.68	1.66	1.63	1.60
1.20	2.10	2.07	2.04	2.01	1.98	1.95	1.92	1.89	1.86	1.83	1.80	1.77	1.74
1.25	2.28	2.25	2.21	2.18	2.15	2.12	2.09	2.05	2.02	1.99	1.96	1.92	1.89
1.30	2.46	2.43	2.40	2.36	2.33	2.29	2.26	2.22	2.19	2.15	2.12	2.08	2.05
1.35	2.66	2.62	2.58	2.55	2.51	2.47	2.43	2.40	2.36	2.32	2.28	2.25	2.21
1.40	2.86	2.82	2.78	2.74	2.70	2.66	2.62	2.58	2.54	2.50	2.45	2.41	2.37
1.45	3.07	3.02	2.98	2.94	2.89	2.85	2.81	2.76	2.72	2.68	2.63	2.59	2.55
1.50	3.28	3.24	3.19	3.14	3.10	3.05	3.00	2.96	2.91	2.86	2.82	2.77	2.73
1.55	3.50	3.45	3.41	3.36	3.31	3.26	3.21	3.16	3.11	3.06	3.01	2.96	2.91
1.60	3.73	3.68	3.63	3.58	3.52	3.47	3.42	3.36	3.31	3.26	3.21	3.15	3.10
1.65	3.97	3.91	3.86	3.80	3.75	3.69	3.63	3.58	3.52	3.47	3.41	3.35	3.30
1.70	4.22	4.16	4.10	4.04	3.98	3.92	3.86	3.80	3.74	3.68	3.62	3.56	3.50
1.75	4.47	4.40	4.34	4.28	4.21	4.15	4.09	4.03	3.96	3.90	3.84	3.77	3.71
1.80	4.73	4.66	4.59	4.53	4.46	4.39	4.33	4.26	4.19	4.12	4.06	3.99	3.92
1.85	4.99	4.92	4.85	4.78	4.71	4.64	4.57	4.50	4.43	4.36	4.29	4.22	4.15
1.90	5.27	5.19	5.12	5.04	4.97	4.89	4.82	4.74	4.67	4.60	4.52	4.45	4.37
1.95	5.55	5.47	5.39	5.31	5.23	5.15	5.08	5.00	4.92	4.84	4.76	4.68	4.61
2.00	5.83	5.75	5.67	5.59	5.50	5.42	5.34	5.26	5.17	5.09	5.01	4.93	4.85
2.05	6.13	6.04	5.96	5.87	5.78	5.70	5.61	5.52	5.44	5.35	5.26	5.18	5.09
2.10	6.43	6.34	6.25	6.16	6.07	5.98	5.89	5.80	5.71	5.61	5.52	5.43	5.34
2.15	6.74	6.65	6.55	6.46	6.36	6.27	6.17	6.08	5.98	5.88	5.79	5.69	5.60
2.20	7.06	6.96	6.86	6.76	6.66	6.56	6.46	6.36	6.26	6.16	6.06	5.96	5.86
2.25	7.38	7.28	7.18	7.07	6.97	6.86	6.76	6.65	6.55	6.45	6.34	6.24	6.13
2.30	7.72	7.61	7.50	7.39	7.28	7.17	7.06	6.95	6.84	6.73	6.63	6.52	6.41
Estimated vital capacities for males in liters. Follow height (in left column) and age (at top, in five year increments).													
Based on a formula from the American Thoracic Society													

Vital Capacity Chart – Female

	20	25	30	35	40	45	50	55	60	65	70	75	80
4' 6"	2.3	2.2	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2
4' 7"	2.4	2.3	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.3	1.2
4' 8"	2.5	2.4	2.3	2.3	2.2	2.1	2.0	1.9	1.8	1.6	1.5	1.4	1.2
4' 9"	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.4	1.3
4' 10"	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.6	1.5	1.3
4' 11"	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	1.9	1.8	1.7	1.5	1.4
5'	2.8	2.8	2.7	2.6	2.5	2.4	2.3	2.1	2.0	1.9	1.7	1.6	1.4
5' 1"	2.9	2.9	2.8	2.7	2.6	2.5	2.3	2.2	2.1	1.9	1.8	1.6	1.5
5' 2"	3.0	3.0	2.9	2.8	2.7	2.5	2.4	2.3	2.2	2.0	1.9	1.7	1.5
5' 3"	3.1	3.1	3.0	2.9	2.7	2.6	2.5	2.4	2.2	2.1	1.9	1.7	1.6
5' 4"	3.2	3.2	3.1	2.9	2.8	2.7	2.6	2.4	2.3	2.1	2.0	1.8	1.6
5' 5"	3.3	3.2	3.1	3.0	2.9	2.8	2.7	2.5	2.4	2.2	2.0	1.9	1.7
5' 6"	3.4	3.4	3.2	3.1	3.0	2.9	2.7	2.6	2.4	2.3	2.1	1.9	1.7
5' 7"	3.6	3.5	3.3	3.2	3.1	3.0	2.8	2.7	2.5	2.3	2.2	2.0	1.8
5' 8"	3.7	3.6	3.4	3.3	3.2	3.1	2.9	2.8	2.6	2.4	2.2	2.0	1.8
5' 9"	3.8	3.7	3.5	3.4	3.3	3.1	3.0	2.8	2.7	2.5	2.3	2.1	1.9
5' 10"	3.9	3.8	3.7	3.5	3.4	3.2	3.1	2.9	2.7	2.6	2.4	2.2	1.9
5' 11"	4.0	3.9	3.8	3.6	3.5	3.3	3.2	3.0	2.8	2.6	2.4	2.2	2.0
6' 4.1	4.0	3.9	3.7	3.6	3.4	3.3	3.1	2.9	2.7	2.5	2.3	2.1	
6' 1"	4.2	4.1	4.0	3.8	3.7	3.5	3.4	3.2	3.0	2.8	2.6	2.3	2.1
6' 2"	4.3	4.2	4.1	3.9	3.8	3.6	3.4	3.3	3.1	2.9	2.6	2.4	2.2
6' 3"	4.5	4.3	4.2	4.0	3.9	3.7	3.5	3.3	3.1	2.9	2.7	2.5	2.2
6' 4"	4.6	4.4	4.3	4.2	4.0	3.8	3.6	3.4	3.2	3.0	2.8	2.5	2.3
6' 5"	4.7	4.6	4.4	4.3	4.1	3.9	3.7	3.5	3.3	3.1	2.9	2.6	2.3
6' 6"	4.8	4.7	4.5	4.4	4.2	4.0	3.8	3.6	3.4	3.2	2.9	2.7	2.4
6' 7"	4.9	4.8	4.7	4.5	4.3	4.1	3.9	3.7	3.5	3.3	3.0	2.7	2.5
6' 8"	5.1	4.9	4.8	4.6	4.4	4.2	4.0	3.8	3.6	3.3	3.1	2.8	2.5
6' 9"	5.2	5.0	4.9	4.7	4.5	4.3	4.1	3.9	3.7	3.4	3.2	2.9	2.6
6' 10"	5.3	5.2	5.0	4.8	4.6	4.4	4.2	4.0	3.8	3.5	3.2	3.0	2.7
6' 11"	5.5	5.3	5.1	5.0	4.8	4.6	4.3	4.1	3.9	3.6	3.3	3.0	2.7

Estimated vital capacities for females in liters. Follow height (in left column) and age (at top, in five year increments).

Vital Capacity Chart – Female

	20	25	30	35	40	45	50	55	60	65	70	75	80
1.00	1.25	1.23	1.21	1.19	1.17	1.15	1.13	1.11	1.08	1.06	1.04	1.02	1.00
1.05	1.38	1.35	1.33	1.31	1.29	1.26	1.24	1.22	1.20	1.17	1.15	1.13	1.11
1.10	1.51	1.49	1.46	1.44	1.41	1.39	1.36	1.34	1.31	1.29	1.26	1.24	1.21
1.15	1.65	1.63	1.60	1.57	1.54	1.52	1.49	1.46	1.43	1.41	1.38	1.35	1.33
1.20	1.80	1.77	1.74	1.71	1.68	1.65	1.62	1.59	1.56	1.53	1.50	1.47	1.44
1.25	1.95	1.92	1.89	1.86	1.82	1.79	1.76	1.73	1.69	1.66	1.63	1.60	1.57
1.30	2.11	2.08	2.04	2.01	1.97	1.94	1.90	1.87	1.83	1.80	1.76	1.73	1.69
1.35	2.28	2.24	2.20	2.16	2.13	2.09	2.05	2.01	1.98	1.94	1.90	1.86	1.83
1.40	2.45	2.41	2.37	2.33	2.29	2.25	2.21	2.17	2.13	2.09	2.05	2.00	1.96
1.45	2.63	2.58	2.54	2.50	2.45	2.41	2.37	2.32	2.28	2.24	2.19	2.15	2.11
1.50	2.81	2.77	2.72	2.67	2.63	2.58	2.53	2.49	2.44	2.39	2.35	2.30	2.26
1.55	3.00	2.95	2.90	2.85	2.80	2.75	2.71	2.66	2.61	2.56	2.51	2.46	2.41
1.60	3.20	3.15	3.09	3.04	2.99	2.94	2.88	2.83	2.78	2.72	2.67	2.62	2.57
1.65	3.40	3.35	3.29	3.23	3.18	3.12	3.07	3.01	2.95	2.90	2.84	2.78	2.73
1.70	3.61	3.55	3.49	3.43	3.37	3.31	3.25	3.19	3.13	3.08	3.02	2.96	2.90
1.75	3.83	3.76	3.70	3.64	3.57	3.51	3.45	3.39	3.32	3.26	3.20	3.13	3.07
1.80	4.05	3.98	3.92	3.85	3.78	3.71	3.65	3.58	3.51	3.45	3.38	3.31	3.25
1.85	4.28	4.21	4.14	4.07	3.99	3.92	3.85	3.78	3.71	3.64	3.57	3.50	3.43
1.90	4.51	4.44	4.36	4.29	4.21	4.14	4.06	3.99	3.92	3.84	3.77	3.69	3.62
1.95	4.75	4.67	4.59	4.52	4.44	4.36	4.28	4.20	4.12	4.05	3.97	3.89	3.81
2.00	5.00	4.92	4.83	4.75	4.67	4.59	4.50	4.42	4.34	4.26	4.17	4.09	4.01
2.05	5.25	5.16	5.08	4.99	4.90	4.82	4.73	4.65	4.56	4.47	4.39	4.30	4.21
2.10	5.51	5.42	5.33	5.24	5.15	5.06	4.97	4.87	4.78	4.69	4.60	4.51	4.42
2.15	5.78	5.68	5.59	5.49	5.40	5.30	5.20	5.11	5.01	4.92	4.82	4.73	4.63
2.20	6.05	5.95	5.85	5.75	5.65	5.55	5.45	5.35	5.25	5.15	5.05	4.95	4.85
2.25	6.33	6.22	6.12	6.01	5.91	5.80	5.70	5.60	5.49	5.39	5.28	5.18	5.07
2.30	6.61	6.50	6.39	6.28	6.17	6.07	5.96	5.85	5.74	5.63	5.52	5.41	5.30
Estimated vital capacities for females in liters. Follow height (in left column) and age (at top, in five year increments). Based on a formula from the American Thoracic Society													

Formula from: "Lung Function Testing: Selection of Reference Values and Interpretative Strategies", *Am Rev Respir Dis* 1991, American Thoracic Society, (March 1991).



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