Informative Heart Rate Chart

Finding your MAX HEART RATE

(THRZ) 

10 sec. count

MAX HEART RATE FORMULA =

Age MHR (Low End 60% - High End 85%) (x 6) RANGE

220 - YOUR AGE = MHR

Do the math below!!!!

Range

220 - YOUR AGE = MHR

14 206 BPM 124 BPM - 175 BPM 21 BPM - 29 BPM

220

- ???

15 205 BPM 123 BPM - 174 BPM 21 BPM - 29 BPM

_____BPM = YOUR MAX HEART RATE

Now Enter Your Max Heart Rate to
find your TARGET HEART RATE ZONE below

16 204 BPM 122 BPM - 173 BPM 20 BPM - 29 BPM

20__ 20__

X .60 (60%) __________ x .85 (85%)

= BPM ~ TO ~ = BPM

17 203 BPM 122 BPM - 173 BPM 20 BPM - 29 BPM

As calculated above Your Target Heart Rate Zone =

_____BPM to ____ BPM

18 202 BPM 121 BPM - 172 BPM 20 BPM - 28 BPM

RESTING HEART RATE:

FROM AGE 14 AND BEYOND =

50-90 beats per minute (Average is 70 BPM)

TO FIND YOUR RESTING HEART RATE:

Take your pulse when you wake up for 3 mornings.

Day 1 ________BPM, + Day 2_________BPM, + Day 3________ BPM = Total BPM for 3 Days = _______/ by 3

Add Each Days calculations and divide that number by 3 = ________ = Your Average Resting Heart Rate

REMEMBER: You will need to re-calculate your Max. & Target numbers with each birthday!

Resting Heart Rate Decreases with Exercise because your HEART becomes more efficient with each beat!
Finding your Max Heart Rate

Max Heart Rate Formula =

220 - your age = MHR

Do the math below!!!!

220

- ???

______BPM = YOUR MAX HEART RATE

How to find their own:

~ MAX. Heart Rate

~ TARGET Heart Rate Zone

- 10 Second Count

- RESTING Heart Rate

Now Enter Your Max Heart Rate to find your TARGET HEART RATE ZONE below

_____? __________? _____?

X .60 (60%) x .85 (85%)

= BPM ~to~ = BPM

As calculated above Your Target Heart Rate Zone =

_____BPM to _____ BPM

To find your 10 Sec. Count Divide your Beats Per Minute above by 6 (since there are 60 seconds in a minute)

RHR = Day 1 + Day 2 + Day 3 = ______total

Total Divided by 3 = ______ = Ave. Resting Heart Rate

Remember: You will need to re-calculate your numbers with each birthday!

Your 10 Second Count should be =

_____BPM to _____ BPM