

Name: \_\_\_\_\_

### Calculating YOUR Target Heart Rate Range:

**Purpose:** To identify a PERSONAL Target Heart Rate Zone; which is a safe and comfortable level to perform physical activities.

**Directions:** Look at the “SAMPLE” before completing this worksheet.

Use YOUR AGE, and YOUR RESTING HEART RATE to calculate answers

***Resting Heart Rate is measured BEFORE exercise. See below	SAMPLE	YOUR LOWER LIMIT	YOUR UPPER LIMIT
Start with 220 Subtract your age	220 - 20 = MRH	220 - _____ = Your age	220 - _____ = Your age
Maximum Heart Rate (MHR)	200	Answer = _____	Answer = _____
Subtract your Resting Heart Rate (RHR)	(RHR) - 70	Answer - _____ RHR = ↓	Answer - _____ RHR = ↓
ANSWER=	130	Answer =	Answer =
Multiply by .65 = Lower Limit Multiply by .85 = Upper Limit	X .65	X .65 Answer = Lower Limit	X .85 Answer = Upper Limit
ANSWER=	78.00	Answer =	Answer =
ADD Resting Heart Rate	+70	ADD RHR = ↑	ADD RHR = ↑
TARGET HEART RATE (THR) Beats Per Minute (BPM)	158 (BPM)	Beats per minute	Beats per minute

- **Checking your pulse on the wrist**
- You can easily check your pulse on the inside of your wrist, below your thumb.
- Gently place 2 fingers of your other hand on this artery
- Do not use your thumb, because it has its own pulse



