Heart Rate Worksheet

Part I- Calculate your HR Zones

Calculate your **Resting Heart Rate (RHR)** _____

- **Count your pulse: _____ beats in 10 seconds x 6 = _____ beats/minute**
- **Resting Heart Rate According to HR monitor watch** _____

Calculate your estimated **Maximal Heart Rate (MHR)** _____

- **(220 - Age = MHR)**

Calculate your **Target Heart Rate Zone (THRZ)** 65% _____ and 80% _____ of your MHR.

- (MHR X .65 = 65% of MHR) and (MHR X .80 = 80% of MHR)

Heart rate TRAINING ZONES

A 21 year old boy, with an RHR of 70 beats per minute, wants to lose weight by doing moderate physical activities. Calculate his heart rate training zone.

MHR=

HRR=

THR=

LIVEWORKSHEETS