

Adults Pulse Rate Chart

Name: _____

Age: _____

Adult Resting Pulse Rate Chart

Age	Normal Resting Pulse (bpm)
18-25 years	66-69
26-35 years	66-72
36-45 years	67-73
46-55	68-73
56-65	68-73
65+	66-72

Current resting pulse:

Average resting pulse range:

Additional Comments:

Target Pulse Zones

Age (years)	Target Heart Rate Zone (50%-80%) bpm	Average Maximum Heart Rate (100%)
20 years	100-170	200
30 years	95-162	190
35 years	93-157	185
40 years	90-153	180
45 years	88-149	175
50 years	83-140	170
55 years	83-140	165
60 years	80-136	160
65 years	78-132	155
70 years	75-128	150

Target heart pulse zone (50-80%):

Average maximum heart pulse (100%):

Additional Comments: