

# 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: