

# Fat Burn Heart Rate Chart

Age Range	Target Heart Rate Zone for Fat Burn		Notes
	Males (BPM)	Females (BPM)	
20-30	100-145	95-140	Ideal for beginners or those new to exercise.
31-40	95-140	90-135	Suitable for individuals with moderate fitness levels.
41-50	90-135	85-130	Recommended for those with an established exercise routine.
51-60	85-130	80-125	Adjusted for age-related changes in heart rate response.
61+	80-125	75-120	Lower intensity to accommodate for senior fitness levels.

## Additional Information:

- **Maximum Heart Rate (MHR):** Calculated as 220 minus the age of the individual. This chart focuses on 50-70% of MHR, which is the optimal range for fat burning.
- **Monitoring:** Heart rate should be monitored using a heart rate monitor or manual pulse check to ensure accuracy.
- **Adjustments:** Individuals with specific health conditions or on certain medications should consult their doctor for personalized heart rate zones.
- **Frequency:** For effective fat burning, it is recommended to maintain the target heart rate for at least 20-30 minutes during exercise.

## Doctor's Signature:

Name:	
Signature:	
Date:	