

Heart Rate Chart

Name: _____

Age: _____

Resting Heart Rate Chart

Age	Normal Resting Heart Rate (bpm)
0-1 months (newborns)	70-190
1-11 months (infants)	80-160
1-2 years	80-130
3-4 years	80-120
5-6 years	75-115
7-9 years	70-110
10-17 years	60-100
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 heart rate:

Resting heart rate age range:

Additional Comments:

Exercise Heart Rate Chart

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 rate zone (50-80%):

Average maximum heart rate (100%):

Additional Comments: