

Heart Rate Recovery Chart by Age

Name:

Age Group:

Age	Excellent (bpm)	Good (bpm)	Average (bpm)	Below Average (bpm)
20-29	Less than 55	55-65	66-75	More than 75
30-39	Less than 56	56-66	67-76	More than 76
40-49	Less than 57	57-67	68-77	More than 77
50-59	Less than 58	58-68	69-78	More than 78
60-69	Less than 59	59-69	70-79	More than 79
70+	Less than 60	60-70	71-80	More than 80

Note: Values are in beats per minute (bpm). Lower values indicate better heart rate recovery.