

Maximum Heart Rate Chart

Name:		
Date:		
Date of birth:		
Age:		
Gender:		
Other relevant medical information (if needed)		
Age (in years)	Age-predicted Maximum Heart Rate	Target HR zone (50-85%)
20	200 bpm	100 -170 bpm
30	190 bpm	95 - 162 bpm
35	185 bpm	93 - 157 bpm
40	180 bpm	90 - 153 bpm
45	175 bpm	88 - 149 bpm
50	170 bpm	85 - 145 bpm
55	165 bpm	83 - 140 bpm
60	160 bpm	80 - 136 bpm
65	155 bpm	78 - 132 bpm
70	150 bpm	75 - 128 bpm
Additional notes		

Reference:

American Heart Association. (2021, March 9) *Target heart rates chart*. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>