

Maximum Heart Rate Chart

Patient Information					
Name: George Remington					
Age: 35					
Resting Heart Rate: 70					
Date: March 11,2024					
Maximum Heart Rates for Adults in BPM (beats per minute)					
Age	Max Heart Rate (100%)	Very Light (50-60%)	Light (60-70%)	Moderate (70-80%)	Hard/Vigorous (80-90%)
20	200	100-120	120-140	140-160	160-180
25	195	98-117	117-137	137-156	156-176
30	190	95-114	114-133	133-152	152-171
35	185	93-111	111-130	130-148	148-167
40	180	90-108	108-126	126-144	144-162
45	175	88-105	105-123	123-140	140-158
50	170	85-102	102-119	119-136	136-153
55	165	83-99	99-116	116-132	132-149
60	160	80-96	96-112	112-128	128-144
65	155	78-93	93-109	109-124	124-140
70	150	75-90	90-105	105-120	120-135
75	145	73-87	87-102	102-116	116-131
Mental Health Professional's Comments and Recommendations					
<p>George, for anaerobic training, aim for a heart rate in the hard/vigorous range of 140-158 BPM. This will help you maximize your training efficiency for both swimming and climbing. Remember to monitor your heart rate closely and adjust your intensity as needed to stay within this target range. You already have a fitbit, so it will be easy for you to keep track!</p>					