

Maximum Heart Rate Chart

Patient Information					
Name:					
Age:					
Resting Heart Rate:					
Date:					
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					