

# Men's Pulse Rate Chart

Age Group	Normal Resting Pulse Rate (beats per minute)	Elevated Pulse Rate (beats per minute)	Notes
18 - 25	56 - 62	Above 70	Consider lifestyle factors and physical activity levels.
26 - 35	57 - 63	Above 71	Monitor for stress and dietary influences.
36 - 45	58 - 64	Above 72	Assess for early signs of cardiovascular issues.
46 - 55	60 - 66	Above 74	Increased risk of hypertension; regular monitoring advised.
56 - 65	61 - 67	Above 75	Consider age-related cardiovascular changes.
65+	62 - 68	Above 76	Monitor for symptoms of heart disease and other age-related conditions.

**Doctor's Signature**



Dr.

Date: