

# Normal Pulse Rate Chart

## Medical Institution Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Website: \_\_\_\_\_

Age Group	Resting Heart Rate (Beats Per Minute)	During Moderate Activity	During Vigorous Activity
Newborns (0-1 month)	70-190	-	-
Infants (1-11 months)	80-160	-	-
Children (1-2 years)	80-130	-	-
Children (3-4 years)	80-120	-	-
Children (5-6 years)	75-115	-	-
Children (7-9 years)	70-110	-	-
Children (10-12 years)	60-100	-	-
Teenagers (13-15 years)	55-95	100-160	130-190
Young Adults (16-25 years)	60-100	100-170	140-200
Adults (26-35 years)	60-100	95-162	135-195
Adults (36-45 years)	60-100	93-157	130-190
Adults (46-55 years)	60-100	90-153	125-185

<b>Adults (56-65 years)</b>	60-100	88-149	120-180
<b>Seniors (65+ years)</b>	60-100	85-145	115-175

**Note:**

- These ranges are general estimates and can vary based on individual health and fitness levels.
- "Resting Heart Rate" refers to the heart rate when an individual is at rest.
- "Moderate Activity" and "Vigorous Activity" heart rates are indicative of the heart rate during different intensities of exercise.

This chart serves as a guideline to understand normal pulse rates across different age groups and activity levels, aiding in health monitoring and fitness planning.