

Pulse Rate Chart

Name:	Age:	Sex:
Current resting pulse or heart rate:		
Target heart pulse rate zone (50-80%):		
Age-predicted maximum heart rate:		
Notes:		

Normal heart or pulse rate by age

Age group	Normal pulse rate (beats per minute - bpm)
Preterm	120 – 180
Newborn (0 to 1 month)	100 – 160
Infant (1 to 12 months)	80 – 140
Toddler (1 to 3 years)	80 – 130
Preschool (3 to 5 years)	80 – 110
School age (6 to 12 years)	70 – 100
Adolescents (13 to 18 years) and adults	60 – 100

Open Resources for Nursing. (2021). *Table 1.3b normal heart rate by age* (K. Ernstmeier & E. Christman, Eds.). National Library of Medicine; Chippewa Valley Technical College. [https://www.ncbi.nlm.nih.gov/books/NBK593193/table/ch1survey.T.normal heart rate by age/](https://www.ncbi.nlm.nih.gov/books/NBK593193/table/ch1survey.T.normal%20heart%20rate%20by%20age/)

Target heart rate by age

Age	Target heart rate zone 50-85%	Age-predicted maximum heart rate
20 years	100-170 bpm	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

The target heart rate refers to the optimal speed at which the heart should beat during exercise.

American Heart Association. (2021, March 9). *Know your target heart rates for exercise, losing weight and health.* <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>