

Resting Heart Rate (RHR) Chart

Patient information

Name:

Date of birth:

Gender:

Date today:

A Resting Heart Rate (RHR) Chart is a reference tool that helps you understand the normal, healthy range of heart rates at rest for different age groups and fitness levels. Resting heart rate is the number of times the heart beats per minute (bpm) at complete rest. It is an important indicator of overall cardiovascular health and fitness level.

Please note that the chart is provided for reference purposes only and should not be used as a substitute for a professional evaluation.

Maximum and target heart rate by age

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

Additional notes