

Resting Pulse Rate Chart

Name: _____ Age: _____

Resting Pulse Chart

Age	Normal Resting Pulse (bpm)
0-1 months (newborns)	70-190
1-11 months (infants)	80-160
1-2 years	80-130
3-4 years	80-120
5-6 years	75-115
7-9 years	70-110
10-17 years	60-100
18-25 years	66-69
26-35 years	66-72
36-45 years	67-73
46-55	68-73
56-65	68-73
65+	66-72

Current resting pulse:

Resting pulse age range:

Additional Comments: