

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: