

# Walking Heart Rate Chart

<b>Date:</b>
<b>Name:</b>
<b>Age:</b>
<b>Average resting heart rate:</b>
<b>Factors to consider (if any):</b>

**Instructions:** Calculate your maximum heart rate by subtracting your age from 220 beats per minute.

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

**Notes:**

- The figures above are just average, so they must only be used as a general guide.
- The target heart rate for moderate-intensity activities is about 50-70% of the maximum heart rate.

Date/Time	Heart rate or pacing	Notes

Additional notes

Reference

American Heart Association. (2024, August 12). *Target heart rates chart*.  
<https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>