

Walking Heart Rate Chart

Name: Date:

Instructions: Brisk walking at a rate of 50-70% of your maximum heart rate can benefit your health. Calculate your maximum heart rate by subtracting your age from 220 beats per minute (bpm). make this into a table

Age	Max HR	Average Walking Heart Rate
20	200	100 - 170
30	190	95-153
40	180	90-153
50	170	85-145
60	160	80-136
70	150	75-128
80	140	70-119
90	130	65-111

Additional Notes: