

Heart Rate Worksheet

RESTING HEART RATE

Resting heart rate (RHR) measurements provide some basic cardiovascular health status and program progress information. RHR is used to measure improvements in cardiovascular fitness. It usually decreases as cardiovascular fitness improves. A normal RHR may vary from as low as 40 beats per minute (bpm) to as high as 100 bpm. Women average approximately 75 bpm and men 60 bpm. The pulse indicates the heart beat and may be counted in beats per minute. American Heart Association recommends the carotid artery (in the groove on the side of the neck) to check the pulse. Resting pulse is best checked first thing in the morning before any activity and be counted for 60 seconds.

My RHR: _____ Time of Day: _____

TARGET HEART RATE

Heart rate is proportional to the intensity of exercise. Measuring heart rate can determine if one is working too hard or not hard enough.

Maximum Heart Rate (MHR) - to be safe you should never work at your maximum heart rate. To determine MHR use the following calculation.

$$220 - \text{your age (e.g. 20)} = 200 \text{ BPM} \quad 220 - \frac{\text{AGE}}{\text{MHR}} = \frac{\text{BPM}}{\text{MHR}}$$

My MHR _____

Training Zone (60%-85% of MHR) – this is the range most healthy people (no medical conditions) should exercise. Lower heart rate zones are recommended for people who are beginning exercise programs, have health risks or are pregnant. As fitness levels improve higher heart rates can be achieved. If you use a heart rate monitor when exercising your low and high training zone will help determine your level of intensity (working too hard or not hard enough).

$$\text{For example: } \frac{200}{\text{MHR}} \times 0.60 = 120 \text{ BPM} \quad \frac{\text{MHR}}{\text{MHR}} \times 0.60 = \frac{\text{BPM}}{\text{low end of zone}}$$

$$\text{For example: } \frac{200}{\text{MHR}} \times 0.85 = 170 \text{ BPM} \quad \frac{\text{MHR}}{\text{MHR}} \times 0.85 = \frac{\text{BPM}}{\text{high end of zone}}$$

10-Second Heart Rate Zone for Exercise – If you are not using a heart rate monitor this heart rate zone can quickly evaluate your level by counting your pulse for 10 seconds and return to exercise rather than evaluating for a whole minute.

$$\frac{\text{60\% low end}}{\text{training zone}} \div 6 = \frac{\text{10 sec. pulse}}{\text{10 sec. pulse}}$$

$$\frac{\text{80\% high end}}{\text{training zone}} \div 6 = \frac{\text{10 sec. pulse}}{\text{10 sec. pulse}}$$

HOW TO USE YOUR TARGET HEART RATE

After at least five minutes of continuous aerobic exercise take your pulse for six seconds. You can use the 10-second zone or multiply by 10 or add a zero to the end—for example, a six second pulse of 17 would be 170. Check to see if your pulse is in your target heart rate range. If it is higher—slow down. If it is lower—speed up. HAVE FUN!!!!