

Calculating My Target Heart Rate*

My resting heart rate is _____.

Determining My Minimum Target Heart Rate

1. $(220 - \frac{\text{_____}}{\text{(my resting heart rate)}} - \frac{\text{_____}}{\text{(your age)}}) \times 0.6 = \text{_____}$
2. $\text{_____} + \text{_____} = \text{_____}$
(answer to #1) (my resting heart rate) (my minimum Target Heart Rate)
3. My minimum Target Heart Rate is _____.
(answer to #2)

Determining My Maximum Target Heart Rate

1. $(220 - \frac{\text{_____}}{\text{(my resting heart rate)}} - \frac{\text{_____}}{\text{(my age)}}) \times 0.8 = \text{_____}$
2. $\text{_____} + \text{_____} = \text{_____}$
(answer to #1) (my resting heart rate) (my maximum Target Heart Rate)
3. My maximum Target Heart Rate (THR) is _____.

My target heart rate is _____ to _____.
(Minimum TH) (Maximum THR)

*This is Karvonen's Formula.