

## Heart Rate Zone Calculating Target Worksheet

### Age-Predicted Maximum Heart Rate

Low End	High End
220	220
- _____ (minus) age	- _____ (minus) age
= _____ (equals)	= _____ (equals)
x _____ (times) % target range low end	x _____ (times) % target range high end
= _____ (equals)	= _____ (equals)

### Heart Rate Reserve (Karvonen's Formula)

Low End	High End
220	220
- _____ (minus) age	- _____ (minus) age
= _____ (equals)	= _____ (equals)
- _____ (minus) resting heart rate (RHR)	- _____ (minus) resting heart rate (RHR)
= _____ (equals)	= _____ (equals)
x _____ (times) % target range low end	x _____ (times) % target range high end
= _____ (equals)	= _____ (equals)
+ _____ (plus) resting heart rate (RHR)	+ _____ (plus) resting heart rate (RHR)
= _____ (equals)	= _____ (equals)