

Target Heart Rate Worksheet

Resting Heart Rate (RHR) = Pulse for 10 seconds and multiply by 6

220- AGE = Maximum Heart Rate (MHR)

$MHR \times .60 = \text{Low end of THR}$

$MHR \times .85 = \text{High end of THR}$

RHR = _____

MHR = _____

Bottom end of THR = _____

Top end of THR = _____

THR = _____ to _____