

Target Heart Rate Zones

Maximum Heart Rate (MaxHR)= _____

Resting Heart Rate (RHR)= _____

Heart Rate Reserve (HRR) = MaxHR – RHR = _____

Moderate Heart Rate Zone

(HRR x 50%) + RHR = _____

(HRR x 70%) + RHR = _____

Vigorous Heart Rate Zone

(HRR x 70%) + RHR = _____

(HRR x 80%) + RHR = _____