

Heart Rate Worksheet



Watch the attached video on how you can best take your heart rate. [Heart Rate Video](#).

Part One: Calculating your Heart Rate Zones

Count your pulse: beats in 10 seconds. Multiply your pulse by six = beats per minute. This is your **Resting Heart Rate (RHR)**.

If available find out what your **Resting Heart Rate** is according to a watch or by downloading a free app, such as Instant Heart Rate, and use the camera to take your heart rate. beats per minute

To calculate your **Maximum Heart Rate (MHR)** take 220 and subtract it from your age. $220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ beats per a minute

Now calculate your **Target Heart Rate Zone (THRZ)**. Your **THRZ** is between 65% and 85% of your **MHR**. So, take your **MHR** and multiply it by .65 and then again by .85.



MHR X .65 = (65% of THRZ)




MHR X .85 = (85% of THRZ)

My Target Heart Rate Zone is between _____ and _____. This is where I want my heart rate when I am in a cardiovascular fitness zone.

Part Two: Perform the following activities and write down your Heart Rate response.

Perform each activity. Take your heart rate at the end of each activity. Use your carotid (wrist) or your radial (neck) to find your heart rate. Remember you can count the beats for 10 seconds and multiply that number by 6. Or you can use a heart rate monitor/watch.

Activity		Heart Rate	Was it in your Target Heart Rate Zone?
	Laying down for 60 seconds		
	Standing for 60 seconds		

Activity		Heart Rate	Was it in your Target Heart Rate Zone?
	Take a walk for 5 minutes		
	Perform as many push-ups as you can in one minute		
	Hold the plank position for as long as you can		