

Name: _____
 Period: _____

Target Heart Rate (THR) Chart

My MHR is _____ (220 – age).

My THR range is _____ (MHR x 60% for low THR and MHR X 80% for high THR).

My ten-second THR range is _____ (Divide the above two answers by 6 to find your ten-second target heart rate range).

Use your personal fitness data to complete the tables below on fitness days. Analysis of results will be required at the end of each quarter.

QUARTER ONE

Date	Activity	Pre-workout Rate	THR	Recovery Rate

My 1st quarter THR was usually **above/right on/below** my THR range. I need to **speed up/stay the same/slow down** my activity. My 1st quarter recovery rate was usually **above/right on/below** half of my maximum heart rate.

QUARTER TWO

Date	Activity	Pre-workout Rate	THR	Recovery Rate

My 2nd quarter THR was usually **above/right on/below** my THR range. I need to **speed up/stay the same/slow down** my activity. My 2nd quarter recovery rate was usually **above/right on/below** half of my maximum heart rate.

Name: _____
Period: _____

QUARTER THREE

Date	Activity	Pre-workout Rate	THR	Recovery Rate

My 3rd quarter THR was usually **above/right on/below** my THR range. I need to **speed up/stay the same/slow down** my activity. My 3rd quarter recovery rate was usually **above/right on/below** half of my maximum heart rate.

QUARTER FOUR

Date	Activity	Pre-workout Rate	THR	Recovery Rate

My 4th quarter THR was usually **above/right on/below** my THR range. I need to **speed up/stay the same/slow down** my activity. My 4th quarter recovery rate was usually **above/right on/below** half of my maximum heart rate.

Analyze your THR and recovery rates for the entire school year. Did you see improvement? Were you consistently in your THR zone and did your RHR lower over the course of the school year? Why or why not?
