

## Training Heart Rate Zone

If you are going to improve and maintain your aerobic fitness level, it is important that you get your heart rate into the training zone. The chart below shows what your training heart rate zone should be.

If your resting heart rate is	Your Target Heart Rate Zone is
Below 60	150 - 185
60 - 64	151-185
70 - 74	153 - 185
75 - 79	155 - 185
80 - 84	159 - 185
85 - 89	161 - 185
90 & over	163 - 185

1. What is your resting heart rate? \_\_\_\_\_ BPM (from last week's homework)
2. Circle your training heart rate in the chart above.
3. Take your pulse 5 times each day for 3 days while doing the activities.
  - Use a clock (or ask your parents to time for you) and count your pulse for 6 seconds (radial or carotid pulse). Add a zero to the end of the number to find your heart rate per minute.
  - OR check it for 30 seconds and multiply by 2 as in last week's homework.

	Resting	Reading/ Studying	Eating	Walking	Vigorous Activity
Day 1					
Day 2					
Day 3					

4. How often do you get your heart rate into your Training Heart Rate Zone?  
\_\_\_\_\_ Circle those pulse rates in the 3-day chart.

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