Calculate Your Heart Rate Zones

 Mr. Albano

 Student Name:

 Student Age:

Zone 5: (.9)(Max HR) to (1)(Max HR)

Zone 4: (.8)(Max HR) to (.9)(Max HR)

Zone 3: (.7)(Max HR) to (.8)(Max HR)

Zone 2: (.6)(Max HR) to (.7)(Max HR)

Zone 1: (.5)(Max HR) to (.6)(Max HR)

My Zones

My Resting Heart Rate: \_\_\_\_\_\_ BPM

My Maximum Heart Rate: \_\_\_\_\_\_ BPM

Zone 5: \_\_\_\_ BPM to \_\_\_\_ BPM

Zone 4: \_\_\_\_ BPM to \_\_\_\_ BPM

Zone 3: \_\_\_\_ BPM to \_\_\_\_ BPM

Zone 2: \_\_\_\_ BPM to \_\_\_\_ BPM

Zone 1: \_\_\_\_ BPM to \_\_\_\_ BPM

Activity 1 HR:

Activity 2 HR:

Activity 3 HR:

Lesson Reflection: