Calculate Your Heart Rate Zones

Mr. Albano

Student Name: Mr. Albano

Student Age: 34

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: 76 BPM

My Maximum Heart Rate: 186 BPM

Zone 5: 167.4 BPM to 186 BPM

Zone 4: 148.8 BPM to 167.4 BPM

Zone 3: 130.2 BPM to 148.8 BPM

Zone 2: 111.6 BPM to 130.2 BPM

Zone 1: 93 BPM to 111.6 BPM

Activity 1 HR: 21 = 84

Activity 2 HR: 31 = 124

Activity 3 HR: 45 = 180

Lesson Reflection: I was surprised that a low intensity walk was not enough for me to enter into HR Zone 1.