

# Heart Rate Zone Calculating Target Worksheet

## Age-Predicted Maximum Heart Rate

Low End	High End
220	220
- _____ (minus) age	- _____ (minus) age
= _____ (equals)	= _____ (equals)
x _____ (times) % target range low end	x _____ (times) % target range high end
= _____ (equals)	= _____ (equals)

## Heart Rate Reserve (Karvonen's Formula)

Low End	High End
220	220
- _____ (minus) age	- _____ (minus) age
= _____ (equals)	= _____ (equals)
- _____ (minus) resting heart rate (RHR)	- _____ (minus) resting heart rate (RHR)
= _____ (equals)	= _____ (equals)
x _____ (times) % target range low end	x _____ (times) % target range high end
= _____ (equals)	= _____ (equals)
+ _____ (plus) resting heart rate (RHR)	+ _____ (plus) resting heart rate (RHR)
= _____ (equals)	= _____ (equals)

# Ratings of Perceived Exertion

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<b>RPE</b> (Rate of Perceived Exhaustion)			<b>Newer Rating Scale</b>
6		0	Nothing at all
7	Very, very light	0.5	Very, very weak
8		1	Very weak
9	Very light	2	Weak
10		3	Moderate
11	Fairly light	4	Somewhat Strong
12		5	Strong
13	Somewhat hard	6	
14		7	Very Strong
15	Hard	8	
16		9	
17	Very hard	10	Very, very strong
18			Maximal
19	Very, very hard		
20			

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Source: Borg, G.V. (1982). Psychological basis of perceived exertion.  
*Medicine and Science in Sports and Exercise*, 14, 377-381. American College of Sports Medicine.

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