

Target Heart Rate Worksheet

Students Name _____ Age: _____

Students Resting Heart Rate (RHR): _____

Karvonen formula:

$(220 - \text{age}) - \text{RHR} \times .60 + \text{RHR} =$ Lower end of THR zone

(_____) - _____ $\times .60 +$ _____ = _____ LOWER END

$(220 - \text{age}) - \text{RHR} \times .80 + \text{RHR} =$ Higher end of THR zone

(_____) - _____ $\times .80 +$ _____ = _____ HIGHER END

My target heart rate zone is between _____ and _____.

Heart Rate Recordings

Circle the recorded heart rates that were not in your target heart rate zone and provide a brief comment of why you feel you were not exercising in the zone at that time.

Stations	HR #1	HR #2	HR #3	HR #4	Comments:
Dance Dance Revolution					
Box Step Ups or Run/Jog/Walk					
JumpRope/Flexibility					
Small Sided Games					