**Target Heart Rate Worksheet**

**Objective:** To determine the difference between activities that are good for cardiovascular endurance and those activities that are less effective in developing cardiovascular endurance by using heart rates.

**PART I – Heart Rates**

1. Sit down and find your heart rate in 3 different areas on your body (circle the easiest):
2. Lie down for one minute. Using the method you found easiest, take a 15 second heart rate and calculate your **resting heart rate** (RHR):

**RHR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ x 4 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ beats per minute (bpm)**

1. The fastest your heart should beat is called your **maximum heart rate** (MHR). This is calculated by the formula:

**MHR = 220 – age = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_bpm**

1. Your **target heart rate** (THR) is the number of times your heart should beat per minute to benefit from activity. The target heart rate is 60-80% of the MHR. However, it may vary depending on your age, weight, lifestyle, and general well-being. To calculate THR we us the **Karvonen** **formula**:

**[(MHR – RHR) x 0.60] + RHR = Lower THR Zone**

**[(\_\_\_\_\_\_ – \_\_\_\_\_\_) x 0.60] + \_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_ Lower THR Zone**

**[(MHR – RHR x 0.80] + RHR = Higher THR Zone**

**[(\_\_\_\_\_\_ – \_\_\_\_\_\_) x 0.80] + \_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_ Higher THR Zone**

**My THR Zone is between \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_**

**PART II – Heart Rate Recordings**

Perform each activity below for 1 minute , test your heart rate at the end of each activity, then rest for 1 minute before continuing to the next activity. Use your carotid or radial pulse, count the beats for 15 seconds, and multiply by 4 to calculate the BPM.

|  |  |  |
| --- | --- | --- |
| **Activity** | **Heart Rate (BPM)** | **Target Zone (Y/N)** |
| Laying down (resting) |  |  |
| Standing |  |  |
| Medium paced walk |  |  |
| Incline push ups |  |  |
| Decline push ups |  |  |
| Split lunges |  |  |
| Stairs |  |  |
| Squat Jumps |  |  |
| Jumping Jacks |  |  |
| Jogging |  |  |
| Burpees |  |  |
| Hard Sprint |  |  |

1. Base on your HRs above:
   1. Circle the 3 activities which would benefit you the **MOST** (assuming you could perform each activity for 30+ minutes)
   2. Cross out the 3 activities which would benefit you the **LEAST**.
   3. Name 3 cardiovascular activities (not listed above) that your believe would benefit your heart and would have you working in your THR Zone?

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