

### Average resting heart rate (RHR)

Count your pulse for one minute as soon as you wake up, for 3 days.

$$\text{Average RHR} = \left( \frac{\quad}{\text{Day 1}} + \frac{\quad}{\text{Day 2}} + \frac{\quad}{\text{Day 3}} \right) \div 3$$

Your average RHR = \_\_\_\_\_

### Maximum heart rate ( $\text{HR}_{\text{max}}$ )

$$\text{HR}_{\text{max}} = 220 - \frac{\quad}{\text{your age}}$$

Your  $\text{HR}_{\text{max}}$  = \_\_\_\_\_

### Heart rate reserve ( $\text{HR}_{\text{maxRESERVE}}$ )

$$\text{HR}_{\text{maxRESERVE}} = \frac{\quad}{\text{your HR}_{\text{max}}} - \frac{\quad}{\text{your RHR}}$$

Your  $\text{HR}_{\text{maxRESERVE}}$  = \_\_\_\_\_

### Lower limit of your target heart rate (THR)

$$\text{THR (lower limit)} = \left( \frac{\quad}{\text{your HR}_{\text{maxRESERVE}}} \times 0.6 \right) + \frac{\quad}{\text{your RHR}}$$

Your THR (lower limit) = \_\_\_\_\_

### Upper limit of your target heart rate (THR)

$$\text{THR (upper limit)} = \left( \frac{\quad}{\text{your HR}_{\text{maxRESERVE}}} \times 0.8 \right) + \frac{\quad}{\text{your RHR}}$$

Your THR (upper limit) = \_\_\_\_\_

### Target heart rate (THR)

$$\text{THR} = \left( \frac{\quad}{\text{your THR (lower limit)}} + \frac{\quad}{\text{your THR (upper limit)}} \right) \div 2$$

Your THR = \_\_\_\_\_