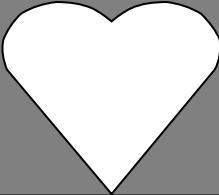


TARGET HEART RATE SHEET

	<i>Example</i>	For you
Start with 220	<i>220</i>	
Subtract your age	<i>-12</i>	
Equals maximum times heart should beat/min	<i>208</i>	
Subtract resting heart rate	<i>-72</i>	
Multiply by: 60% = inactive 70% = active 80% = very active	<i>136</i>	
	<i>X .60</i>	
	<i>81.60</i>	
Add resting heart rate	<i>+72</i>	
Equals target heart rate (THR)	<i>153 beats per minute</i>	
		Your Target Heart Rate
		Rate