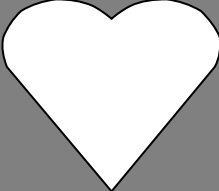




TARGET HEART RATE SHEET

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