

Maximum Heart Rate Chart

Instructions: Check out the following table with the percentage of your maximum heart rate. Locate your heart rate (bpm) number to determine your percentage of your maximum heart rate. For example: Student A is 12 years old and has a maximum percentage of 135 bpm. Therefore, Student A's maximum heart rate is at 65%.

Age	55%	60%	65%	70%	75%	80%	85%
10	115	126	137	147	157	168	179
11	115	125	136	146	157	167	178
12	114	125	135	145	156	166	177
13	114	124	135	145	155	166	178
14	113	124	134	144	155	165	175
15	113	123	133	144	154	164	174
16	112	122	133	143	153	163	173
17	112	122	132	142	152	162	173
18	111	121	131	141	152	162	172
19	111	121	131	141	151	161	171