

Name: \_\_\_\_\_

## My Personal Fitness Evaluation

**Geraldine Meade Health Learning Center at Kahuku**  
56-490 Kamehameha Hwy. Kahuku, Hawaii 96731 293-8901

### FINDING YOUR TARGET HEART RATE

Resting Heart Rate = \_\_\_\_\_

	Lower End	Upper End	
	220	220	
-	_____	_____	Your Age
=	_____	_____	Maximum heart rate
-	_____	_____	Resting heart rate
=	_____	_____	
x	.50	.70	
=	_____	_____	
+	_____	_____	Resting heart rate
=	_____	_____	<b>TARGET HEART RATE</b>