**CALCULATING TARGET HEART RATE**

**Directions**
Use the Karvonen Formula to determine the Target Heart Rate for each individual.

The Karvonen Formula is:
\[(\text{Max HR} - \text{Rest HR}) \times \% \] + \text{Rest HR} = \text{Target HR} \text{ (With Max HR} = 220 - \text{Age)}

**Patient 1: Sally is 42 years old and her resting heart rate is 75 bpm.**
1. Calculate her target heart rate for 75% of her max:

2. Calculate her target heart rate for 40% of her max:

3. Calculate her target heart rate for 50% of her max:

**Patient 2: Mike is 74 years old and his resting heart rate is 68 bpm.**
1. Calculate his target heart rate for 75% of his max:

2. Calculate his target heart rate for 65% of his max:

3. Calculate his target heart rate for 35% of his max: