

Heart rate - beats per minute

Age in years	Average Maximum Heart	Target Heart Rate Zone	
		Lowest	Highest
20	200	100	170
25	195	98	166
30	190	95	162
35	185	93	157
40	180	90	153
45	175	88	149
50	160	85	145
55	165	83	140
60	160	80	136
65	155	78	132
70	150	75	128

This data file is part of the assessment for 'Exercise to Get Fit '  
it is part of the exemplar assessment material for VTCT L1 ICT Functional Skills