

Heart Rate Recovery Chart by Age

HEART RATE RECOVERY CHART BY AGE

Name: _____ Age Group: _____

Age: 20-29, Excellent (bpm): Less than 55, Good (bpm): 55-65, Average (bpm): 66-75, Below Average (bpm): More than 75

Age: 30-39, Excellent (bpm): Less than 56, Good (bpm): 56-66, Average (bpm): 67-76, Below Average (bpm): More than 76

Age: 40-49, Excellent (bpm): Less than 57, Good (bpm): 57-67, Average (bpm): 68-77, Below Average (bpm): More than 77

Age: 50-59, Excellent (bpm): Less than 58, Good (bpm): 58-68, Average (bpm): 69-78, Below Average (bpm): More than 78

Age: 60-69, Excellent (bpm): Less than 59, Good (bpm): 59-69, Average (bpm): 70-79, Below Average (bpm): More than 79

Age: 70+, Excellent (bpm): Less than 60, Good (bpm): 60-70, Average (bpm): 71-80, Below Average (bpm): More than 80

Note: Values are in beats per minute (bpm). Lower values indicate better heart rate recovery.