

HEART RATE LOG

Month/Year: _____

Name: _____

Target Range: _____

Date	Time	Resting BPM	Active BPM	Notes (Medication, Symptoms, Exercise)
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Date	Time	Resting BPM	Active BPM	Notes (Medication, Symptoms, Exercise)
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General Reference Only

Normal Resting: 60 - 100 BPM

Aged 65-70 Target: 78 - 132 BPM

Aged 70+ Target: 75 - 128 BPM

Note: Consult your physician for your specific healthy heart rate zones.