



Heart Rate Results

Name: _____

Date: _____

Results:

1 st Reading: _____ BPM (BPM = beats per minute)	2 nd Reading: _____ BPM	3 rd Reading: _____ BPM
--	------------------------------------	------------------------------------

Average Heart Rate = _____ beats per minute
(average of 2nd and 3rd readings)

What does your resting heart rate indicate?

Resting heart rate is a measure of how fast your heart is beating. The heart usually beats between 60 and 100 times a minute in an adult at rest.

Interpretation and Advice:

✓	Your result is	This is considered	You are advised to
	HR greater than 120 BPM	Very High	Your resting heart rate is very high. You should see a health care provider as soon as possible . A very high heart rate can be a sign of a heart problem or other medical conditions.
	HR between 101 and 120 BPM	High	Your resting heart rate is high. A high heart rate may be due to a medical problem or other causes. You should see a health care provider within the next month .
	HR between 60 and 100 BPM	Normal	Your resting heart rate is normal .
	HR between 40 and 59 BPM	Low	Your resting heart rate is low. A low heart rate may be normal for some individuals. In others, it may be due to a medical problem. You should see a health care provider within the next month .
	HR less than 40 BPM	Very Low	Your resting heart rate is very low. You should see a health care provider as soon as possible . A very low heart can be a sign of a heart problem or other medical conditions.