

Target heart rate

Your target heart rate range is used to help you exercise within a safe and appropriate range.

Your target heart rate range for home exercise is from: _____ to _____

How to check your heart rate:

1. Find your pulse on your wrist by turning your palm upward. Then lightly press on the thumb side between the bone and tendon with the first two fingers of your other hand. You should feel a pulsation against your fingers.
2. Count the number of times you feel this pulsation for 15 seconds. Multiple that number by 4 to calculate your heart rate.

