KNOW YOUR

HEART RATE ZONES

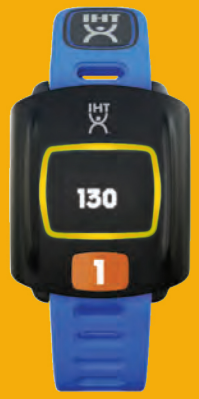
BLUE ZONE



Resting/Normal Heart Rate

Up to 60% of Max Heart Rate

YELLOW ZONE



Elevated/Moderate Heart Rate

60-80% of Max Heart Rate

RED ZONE



High/Vigorous Heart Rate

80-90% of Max Heart Rate

Some examples include:

Low Impact Activities

Yoga
Golf
Archery
Walking at a Comfortable Pace

Moderate Activities

Cycling
Dancing
Fitness Games
Jogging at an Even Pace

Vigorous Activities

Soccer
Basketball
High-Intensity Interval Training
Running at an All-Out Pace

Emotions

Tired	Calm
Sad	Happy
Sick	Content
Depressed	Positive

Emotions

Nervous	Excited
Frustrated	Eager
Worried	Passionate
Embarrassed	Avid/Fervent

Emotions

Upset	Elated
Scared	Thrilled
Terrified	Ecstatic
Angry	Overjoyed