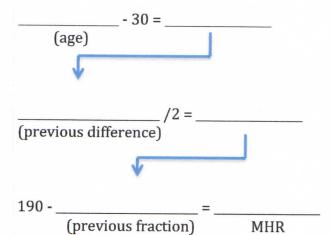
1. Calculate your MHR (maximum heart rate)

For age 31 and up:



2. Find your FAT BURNING ZONE:

Upper end fat burning zone:

Lower end fat burning zone:

Your FAT BURNING ZONE is between: _____ and _____ BPM!