



1. Calculate your MHR (maximum heart rate)

For age 30 and below: $220 - \frac{\quad}{(\text{age})} = \frac{\quad}{\text{MHR}}$

For age 31 and up:

$$\frac{\quad}{(\text{age})} - 30 = \frac{\quad}{\quad}$$


$$\frac{\quad}{(\text{previous difference})} / 2 = \frac{\quad}{\quad}$$


$$190 - \frac{\quad}{(\text{previous fraction})} = \frac{\quad}{\text{MHR}}$$

2. Find your FAT BURNING ZONE:

Upper end fat burning zone: $\frac{\quad}{(\text{MHR})} \times 0.7 = \frac{\quad}{\quad}$

Lower end fat burning zone: $\frac{\quad}{(\text{MHR})} \times 0.6 = \frac{\quad}{\quad}$

Your FAT BURNING ZONE is between: $\frac{\quad}{\quad}$ and $\frac{\quad}{\quad}$ BPM!