

# Vitality Fitness

Use this heart rate table to work out your heart rate relevant to your age to determine how many Vitality fitness points you'll earn based on your workout intensity.



Get healthy  
Get rewarded

## Heart Rate Table

- Dark blue - 60-69% heart rate
- Grey - 70-79% heart rate
- Light blue - 80+ heart rate
- Light grey - no points

AGE	AGE																																															AGE														
	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66		67	68	69	70	71	72	73	74	75	76	77	78	79	80
177	88.5%	88.9%	89.4%	89.8%	90.3%	90.8%	91.2%	91.7%	92.2%	92.7%	93.2%	93.7%	94.1%	94.6%	95.1%	95.7%	96.2%	96.7%	97.2%	97.8%	98.3%	98.9%	99.4%	100.0%	100.6%	101.1%	101.7%	102.3%	102.9%	103.5%	104.1%	104.7%	105.4%	106.0%	106.6%	107.3%	107.9%	108.6%	109.3%	110.0%	110.7%	111.4%	112.1%	112.8%	113.5%	114.3%	115.0%	115.8%	116.6%	117.3%	118.0%	118.8%	119.6%	120.4%	121.2%	122.0%	122.8%	123.6%	124.4%	125.2%		
176	88.0%	88.4%	88.9%	89.3%	89.8%	90.3%	90.7%	91.2%	91.7%	92.1%	92.6%	93.1%	93.6%	94.1%	94.6%	95.1%	95.7%	96.2%	96.7%	97.2%	97.8%	98.3%	98.9%	99.4%	100.0%	100.6%	101.1%	101.7%	102.3%	102.9%	103.5%	104.1%	104.7%	105.4%	106.0%	106.6%	107.3%	107.9%	108.6%	109.3%	110.0%	110.7%	111.4%	112.1%	112.8%	113.5%	114.3%	115.0%	115.8%	116.6%	117.3%	118.0%	118.8%	119.6%	120.4%	121.2%	122.0%	122.8%	123.6%	124.4%	125.2%	
175	87.5%	87.9%	88.4%	88.8%	89.3%	89.7%	90.2%	90.7%	91.1%	91.6%	92.1%	92.6%	93.1%	93.6%	94.1%	94.6%	95.1%	95.6%	96.2%	96.7%	97.2%	97.8%	98.3%	98.9%	99.4%	100.0%	100.6%	101.2%	101.7%	102.3%	102.9%	103.6%	104.2%	104.8%	105.5%	106.1%	106.7%	107.4%	108.1%	108.8%	109.4%	110.1%	110.8%	111.5%	112.2%	112.9%	113.6%	114.4%	115.1%	115.9%	116.6%	117.4%	118.2%	119.0%	119.9%	120.7%	121.5%	122.4%	123.2%	124.1%	125.0%	
174	87.0%	87.4%	87.9%	88.3%	88.8%	89.2%	89.7%	90.2%	90.6%	91.1%	91.6%	92.1%	92.6%	93.0%	93.5%	94.1%	94.6%	95.1%	95.6%	96.1%	96.7%	97.2%	97.8%	98.3%	98.9%	99.4%	100.0%	100.6%	101.2%	101.8%	102.4%	103.0%	103.6%	104.2%	104.8%	105.5%	106.1%	106.7%	107.4%	108.1%	108.8%	109.4%	110.1%	110.8%	111.5%	112.3%	113.0%	113.7%	114.5%	115.2%	116.0%	116.8%	117.6%	118.4%	119.2%	120.0%	120.8%	121.7%	122.5%	123.4%	124.3%	
173	86.5%	86.9%	87.4%	87.8%	88.3%	88.7%	89.2%	89.6%	90.1%	90.6%	91.1%	91.5%	92.0%	92.5%	93.0%	93.5%	94.0%	94.5%	95.1%	95.6%	96.1%	96.6%	97.2%	97.7%	98.3%	98.9%	99.4%	100.0%	100.6%	101.2%	101.8%	102.4%	103.0%	103.6%	104.2%	104.8%	105.5%	106.1%	106.7%	107.5%	108.1%	108.8%	109.5%	110.2%	110.9%	111.6%	112.3%	113.1%	113.8%	114.6%	115.3%	116.1%	116.9%	117.7%	118.5%	119.3%	120.1%	121.0%	121.8%	122.7%	123.6%	
172	86.0%	86.4%	86.9%	87.3%	87.8%	88.2%	88.7%	89.1%	89.6%	90.1%	90.5%	91.0%	91.5%	92.0%	92.5%	93.0%	93.5%	94.0%	94.5%	95.0%	95.6%	96.1%	96.6%	97.2%	97.7%	98.3%	98.9%	99.4%	100.0%	100.6%	101.2%	101.8%	102.4%	103.0%	103.6%	104.2%	104.8%	105.5%	106.2%	106.8%	107.5%	108.2%	108.9%	109.6%	110.3%	111.0%	111.7%	112.4%	113.2%	113.9%	114.7%	115.4%	116.2%	117.0%	117.8%	118.6%	119.4%	120.3%	121.1%	122.0%	122.9%	
171	85.5%	85.9%	86.4%	86.8%	87.2%	87.7%	88.1%	88.6%	89.1%	89.5%	90.0%	90.5%	91.0%	91.4%	91.9%	92.4%	92.9%	93.4%	94.0%	94.5%	95.0%	95.5%	96.1%	96.6%	97.2%	97.7%	98.3%	98.8%	99.4%	100.0%	100.6%	101.2%	101.8%	102.4%	103.0%	103.6%	104.3%	104.9%	105.6%	106.2%	106.9%	107.5%	108.2%	108.9%	109.6%	110.3%	111.0%	111.8%	112.5%	113.2%	114.0%	114.8%	115.5%	116.3%	117.1%	117.9%	118.8%	119.6%	120.4%	121.3%	122.1%	
170	85.0%	85.4%	85.9%	86.3%	86.7%	87.2%	87.6%	88.1%	88.5%	89.0%	89.5%	90.0%	90.4%	90.9%	91.4%	91.9%	92.4%	92.9%	93.4%	93.9%	94.4%	95.0%	95.5%	96.0%	96.6%	97.1%	97.7%	98.3%	98.8%	99.4%	100.0%	100.6%	101.2%	101.8%	102.4%	103.0%	103.7%	104.3%	104.9%	105.6%	106.3%	106.9%	107.6%	108.3%	109.0%	109.7%	110.4%	111.1%	111.8%	112.6%	113.3%	114.1%	114.9%	115.6%	116.4%	117.2%	118.1%	118.9%	119.7%	120.6%	121.4%	122.3%
169	84.5%	84.9%	85.4%	85.8%	86.2%	86.7%	87.1%	87.6%	88.0%	88.5%	88.9%	89.4%	89.9%	90.4%	90.9%	91.4%	91.8%	92.3%	92.9%	93.4%	93.9%	94.4%	94.9%	95.5%	96.0%	96.6%	97.1%	97.7%	98.3%	98.8%	99.4%	100.0%	100.6%	101.2%	101.8%	102.4%	103.0%	103.7%	104.3%	104.9%	105.6%	106.3%	107.0%	107.6%	108.3%	109.0%	109.7%	110.4%	111.1%	111.9%	112.6%	113.4%	114.2%	115.0%	115.8%	116.6%	117.4%	118.2%	119.0%	119.9%	120.7%	
168	84.0%	84.4%	84.8%	85.3%	85.7%	86.2%	86.6%	87.0%	87.5%	88.0%	88.4%	88.9%	89.4%	89.9%	90.3%	90.8%	91.3%	91.8%	92.3%	92.8%	93.3%	93.8%	94.4%	94.9%	95.5%	96.0%	96.6%	97.1%	97.7%	98.2%	98.8%	99.4%	100.0%	100.6%	101.2%	101.8%	102.4%	103.1%	103.7%	104.3%	105.0%	105.7%	106.3%	107.0%	107.7%	108.4%	109.1%	109.8%	110.5%	111.3%	112.0%	112.8%	113.5%	114.3%	115.1%	115.9%	116.7%	117.5%	118.3%	119.1%	120.0%	
167	83.5%	83.9%	84.3%	84.8%	85.2%	85.6%	86.1%	86.5%	87.0%	87.4%	87.9%	88.4%	88.8%	89.3%	89.8%	90.3%	90.8%	91.3%	91.8%	92.3%	92.8%	93.3%	93.8%	94.4%	94.9%	95.4%	96.0%	96.5%	97.1%	97.7%	98.2%	98.8%	99.4%	100.0%	100.6%	101.2%	101.8%	102.5%	103.1%	103.7%	104.4%	105.0%	105.7%	106.3%	107.0%	107.7%	108.4%	109.1%	109.8%	110.5%	111.3%	112.0%	112.8%	113.6%	114.4%	115.2%	116.0%	116.8%	117.6%	118.4%	119.3%	
166	83.0%	83.4%	83.8%	84.3%	84.7%	85.1%	85.6%	86.0%	86.5%	86.9%	87.4%	87.8%	88.3%	88.8%	89.2%	89.7%	90.2%	90.7%	91.2%	91.7%	92.2%	92.7%	93.3%	93.8%	94.3%	94.9%	95.4%	96.0%	96.5%	97.1%	97.6%	98.2%	98.8%	99.4%	100.0%	100.6%	101.2%	101.8%	102.5%	103.1%	103.8%	104.4%	105.1%	105.8%	106.5%	107.1%	107.8%	108.5%	109.2%	109.9%	110.7%	111.4%	112.2%	112.9%	113.7%	114.5%	115.3%	116.1%	116.9%	117.7%	118.6%	
165	82.5%	82.9%	83.3%	83.8%	84.2%	84.6%	85.1%	85.5%	86.0%	86.4%	86.8%	87.3%	87.8%	88.2%	88.7%	89.2%	89.7%	90.2%	90.7%	91.2%	91.7%	92.2%	92.7%	93.2%	93.8%	94.3%	94.8%	95.4%	95.9%	96.5%	97.1%	97.6%	98.2%	98.8%	99.4%	100.0%	100.6%	101.2%	101.9%	102.5%	103.1%	103.8%	104.4%	105.1%	105.8%	106.5%	107.1%	107.8%	108.6%	109.3%	110.0%	110.7%	111.5%	112.2%	113.0%	113.8%	114.6%	115.4%	116.2%	117.0%	117.9%	
164	82.0%	82.4%	82.8%	83.2%	83.7%	84.1%	84.5%	85.0%	85.4%	85.9%	86.3%	86.8%	87.2%	87.7%	88.2%	88.6%	89.1%	90.6%	91.1%	91.6%	92.1%	92.6%	93.2%	93.7%	94.3%	94.8%	95.3%	95.9%	96.5%	97.0%	97.6%	98.2%	98.8%	99.4%	100.0%	100.6%	101.2%	101.9%	102.5%	103.1%	103.8%	104.4%	105.1%	105.8%	106.5%	107.2%	107.9%	108.6%	109.3%	110.0%	110.7%	111.5%	112.3%	113.1%	113.9%	114.7%	115.5%	116.3%	117.1%			
163	81.5%	81.9%	82.3%	82.7%	83.2%	83.6%	84.0%	84.5%	84.9%	85.3%	85.8%	86.2%	86.7%	87.2%	87.6%	88.1%	88.6%	89.1%	89.6%	90.1%	90.6%	91.1%	91.6%	92.1%	92.6%	93.1%	93.7%	94.2%	94.8%	95.3%	95.9%	96.4%	97.0%	97.6%	98.2%	98.8%	99.4%	100.0%	100.6%	101.2%	101.9%	102.5%	103.2%	103.8%	104.5%	105.2%	105.8%	106.5%	107.2%	107.9%	108.7%	109.4%	110.1%	110.9%	111.6%	112.4%	113.2%	114.0%	114.8%	115.6%	116.4%	
162	81.0%	81.4%	81.8%	82.2%	82.7%	83.1%	83.5%	83.9%	84.4%	84.8%	85.3%	85.7%	86.2%	86.7%	87.2%	87.6%	88.0%	88.5%	89.0%	89.5%	90.0%	90.5%	91.0%	91.5%	92.0%	92.6%	93.1%	93.7%	94.2%	94.8%	95.3%	95.9%	96.4%	97.0%	97.6%	98.2%	98.8%	99.4%	100.0%	100.6%	101.3%	101.9%	102.5%	103.2%	103.8%	104.5%	105.2%	105.9%	106.6%	107.3%	108.0%	108.7%	109.5%	110.2%	111.0%	111.7%	112.5%	113.3%	114.1%	114.9%	115.7%	
161	80.5%	80.9%	81.3%	81.7%	82.1%	82.6%	83.0%	83.4%	83.9%	84.3%	84.7%	85.2%	85.6%	86.1%	86.6%	87.0%	87.5%	88.0%	88.5%	89.0%	89.4%	89.9%	90.4%	90.9%	91.4%	91.9%	92.4%	92.9%	93.4%	94.0%	94.5%	95.0%	95.5%	96.0%	96.6%	97.2%	97.8%	98.4%	99.0%	99.6%	100.2%	100.8%	101.4%	102.0%	102.6%	103.3%	103.9%	104.5%	105.2%	105.9%	106.6%	107.3%	108.1%	108.8%	109.5%	110.3%	111.1%	111.8%	112.6%	113.4%	114.2%	115.0%
160	80.0%	80.4%	80.8%	81.2%	81.6%	82.1%	82.5%	82.9%	83.3%	83.8%	84.2%	84.7%	85.1%	85.6%	86.0%	86.5%	87.0%	87.4%	87.9%	88.4%	88.9%	89.4%	89.9%	90.4%	90.9%	91.4%	91.9%	92.4%	92.9%	93.4%	94.0%	94.5%	95.0%	95.5%	96.0%	96.6%	97.2%	97.8%	98.4%	99.0%	99.6%	100.2%	100.8%	101.4%	102.0%	102.6%	103.3%	103.9%	104.6%	105.3%	106.0%	106.7%	107.4%	108.1%	108.8%	109.6%	110.3%	111.1%	111.9%	112.7%	113.5%	114.3%
159	79.5%	79.9%	80.3%	80.7%	81.1%	81.5%	82.0%	82.4%	82.8%	83.2%	83.7%	84.1%	84.6%	85.0%	85.5%	85.9%	86.4%	86.9%	87.4%	87.9%	88.4%	88.9%	89.4%	89.9%	90.4%	90.9%	91.4%	91.9%	92.4%	92.9%	93.4%	94.0%	94.5%	95.0%	95.5%	96.0%	96.6%	97.2%	97.8%	98.4%	99.0%	99.6%	100.2%	100.8%	101.4%	102.0%	102.6%	103.3%	103.9%	104.6%	105.3%	106.0%	106.7%	107.4%	108.2%	108.9%	109.7%	110.4%	111.2%	112.0%	112.8%	113.6%
158	79.0%	79.4%	79.8%	80.2%	80.6%	81.0%	81.4%	81.9%	82.3%	82.7%	83.2%	83.6%	84.0%	84.5%	84.9%	85.4%	85.9%	86.3%	86.8%	87.3%	87.8%	88.3%	88.8%	89.3%	89.8%	90.3%	90.8%	91.3%	91.9%	92.4%	92.9%	93.5%	94.0%	94.6%	95.2%	95.8%	96.3%	96.9%	97.5%																							