4.03 Assignment Instructions

Instructions: Write a program to calculate your heart rate target zone.

1. Create a new project called 4.03 Heart Rate Target Zone in your Mod03 Assignments folder.



- 2. Create a class called TargetZone in the newly created project folder.
- 3. Before beginning the assignment, make sure that you can accurately <u>measure your</u> pulse.
- 4. Then learn about the Karvonen Formula for determining your target heart rate.
- 5. Ask the user to enter their age and resting heart rate.
- 6. Calculate the heart rate target zone, using the Karvonen Formula.
- 7. Display the upper and lower limits of the heart rate target zone. You may need to use more than one **if** statement.
- 8. Display whether the exercise heart rate falls between the upper and lower limits of the target zone.
- 9. Once the program runs correctly, if you are medically able, perform a few minutes of light exercise and enter your own resting and exercising heart rate and determine your personal target heart rate zone.

Expected Output: When your program runs correctly, you should see output similar to the following screen shot.

