Bdiff	#BIG	BPM	BPM	#little	*Ldif*	BPM	#R30	BPM	#R30
	1	300	300	5		300	30	300	30
diff 150			250	6	*50*			290	29
range-50/17			214	7	*36*			280	28
			188	8	*27*			270	27
			167	9	*21*			260	26
	2	150	150	10	*17*	150	15	250	25
diff 50			136	11	*14*			240	24
range -14/7e			125	12	*11*			230	23
			115	13	*10*			220	22
			107	14	*8*			210	21
	3	100	100	15	*7*	100	10	200	20
diff 25			94	16	*6*			190	19
range -6/5/4e			88	17	*6*			180	18
			83	18	*5*			170	17
			79	19	*4*			160	16
	4	75	75	20	*4*	75	7.5	150	15
diff 15			71	21	*4*	70	7	140	14
range -3e			68	22	*3*			130	13
			65	23	*3*			120	12
			63	24	*3*			110	11
	5	60	60	25	*3*	60	6	100	10
diff 10			58	26	*2*			90	9
range -2e			56	27	*2*			80	8
			54	28	*2*			70	7
			52	29	*2*			60	6
	6	50	50	30	*2*	50	5	50	5
	7	43						40	4
	8	38						30	3

Above shows BPM calculations for Big Box, Little Box and 6 second methods.
You can quickly calculate BPM for (25mm/Second EKG) by:

1. Counting Big Boxes and adjusting for any Little Boxes left.
2. Memorizing BPM in between 300 and 100 (250 214 188 167) (136 125 115 107) and then know that BPM drops 6 to 2 for any BPM under 100.

Theses help understand estimation:

diff: Shows BPM change between each Big Box.
(300 150 100 75 60 50) drops (150 50 25 15 10).

rRange: Shows how much to adjust for each Little Box left. For 2 Big Boxes (150 BPM) reduce that by 14, then 11, and then 10 for each Little Box left.

Ex: For 3 Big and 3 Little (150 - 14 - 11 - 10) is 115 BPM.

Ex: For 3 Big and 3 Little (75 - 4 - 3 - 3) is 65 BPM. (About 3 for each Little Box)

#R30 *is 6 Second Method. Number of R waves in 30 big boxes.*