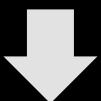```
START
  │
  ▼
ASK USER
AGE
  │
  ▼
CREATE A METHOD
TO GET MAX HEART
RATE
  │
  ▼
CREATE A METHOD
TO GET TARGET
HEART RATE
(50-80%)
  │
  ▼
PRINT MAX & TARGET
HEART RATE TO USER
  │
  ▼
END
```