

START

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graph TD; Start([START]) --> Ask[ASK USER AGE]; Ask --> CreateMax[CREATE A METHOD TO GET MAX HEART RATE]; CreateMax --> CreateTarget[CREATE A METHOD TO GET TARGET HEART RATE (50-80%)]; CreateTarget --> Print[PRINT MAX & TARGET HEART RATE TO USER]; Print --> End([END]);
```

The flowchart is a vertical sequence of seven elements. It begins with an oval labeled 'START'. A large downward-pointing arrow connects it to a parallelogram labeled 'ASK USER AGE'. Another large downward-pointing arrow connects this to a rounded rectangle labeled 'CREATE A METHOD TO GET MAX HEART RATE'. A third large downward-pointing arrow connects this to another rounded rectangle labeled 'CREATE A METHOD TO GET TARGET HEART RATE (50-80%)'. A fourth large downward-pointing arrow connects this to a parallelogram labeled 'PRINT MAX & TARGET HEART RATE TO USER'. Finally, a fifth large downward-pointing arrow connects this to an oval labeled 'END'.

**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