

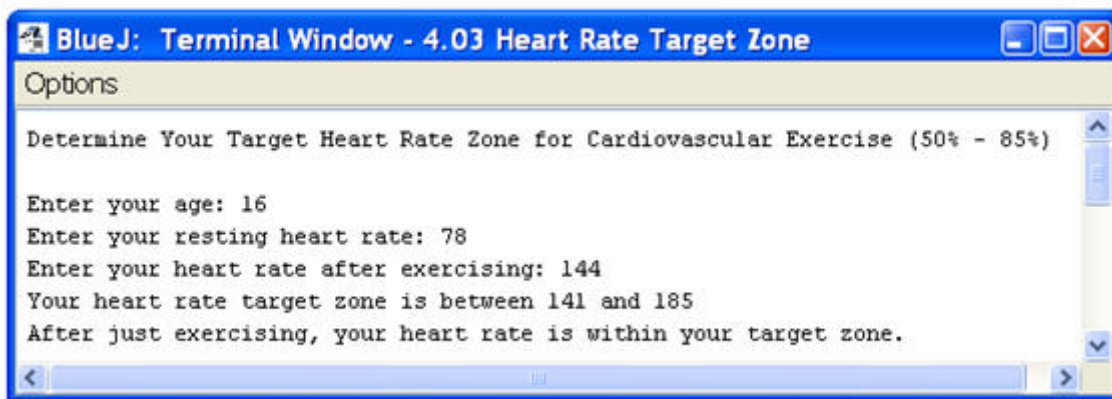
## 4.03 Assignment Instructions

**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 [measure your 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.



```
BlueJ: Terminal Window - 4.03 Heart Rate Target Zone
Options
Determine Your Target Heart Rate Zone for Cardiovascular Exercise (50% - 85%)
Enter your age: 16
Enter your resting heart rate: 78
Enter your heart rate after exercising: 144
Your heart rate target zone is between 141 and 185
After just exercising, your heart rate is within your target zone.
```