

Exercise. Heart rate limits

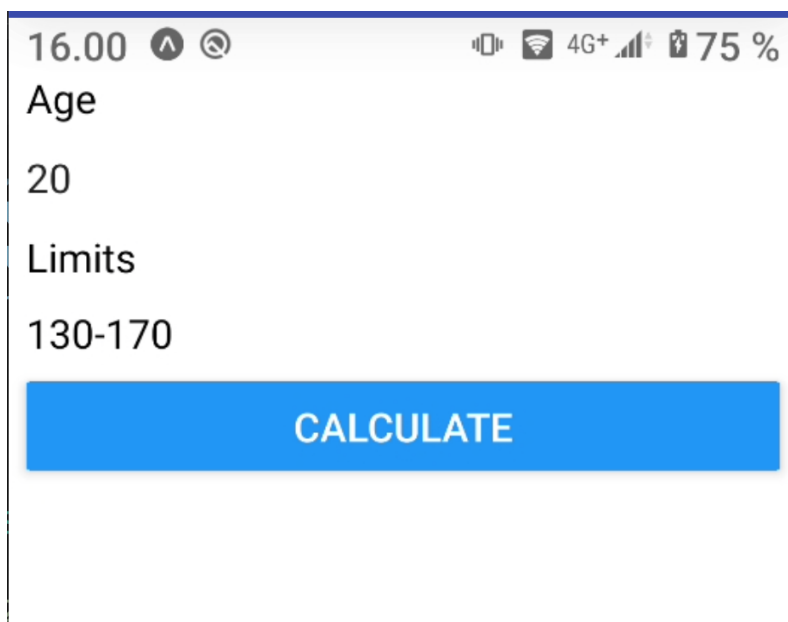
Implement application, that calculates heart rate limits for doing sports based on age.

Formula for calculation:

Lower: $(220 - \text{age}) * 0.65$

Upper: $(220 - \text{age}) * 0.85$

UI is as follows. User types in age and app will calculate hr limits when calculate button is pressed.



The screenshot shows a mobile application interface. At the top, the status bar displays the time 16.00, signal strength, 4G+ network, and 75% battery. The app has a white background. It features a text input field labeled "Age" containing the number "20". Below this is a text label "Limits" followed by the calculated range "130-170". At the bottom, there is a prominent blue button with the text "CALCULATE" in white capital letters.