



Introduction to Heart Rate Monitor Apps

What are Heart Rate Monitor Apps?

- Smartphone apps that use the phone's camera to measure your heart rate
- **Not** FDA-approved medical devices
- Apps work with or without fitness trackers, like Fitbit or Apple Watch

Why Use a Heart Rate Monitor App?

- Measure the intensity of your workouts
- Understand how your heart rate is affected by daily activities
- Helpful tool for people with heart conditions
- An app can never replace the recommendations of your doctor

Popular Apps

- Available for iOS and Android
- Free with ads. Must pay to unlock additional features
- No account creation required

Cardio



Cardiograph

- Free for Android users
- \$1.99 for iOS



Instant Heart Rate



Heart Rate Monitor



The CDC's Guide to Max Heart Rate & Heart Rate Zones

- To calculate max heart rate, subtract your age from 220 [e.g. $220 - 65 = 155$]
- Fat burn = low to medium intensity (50-69% of max HR)
- Cardio = medium to high intensity (70-84% of max HR)
- Peak = high intensity (85% of max HR)