

What is the Average HRV for Age ?

- The following is a rough chart of Average HRV for Age.

Age Range	HRV
10 – 20	76
20 – 30	73
30 – 40	69
40 – 50	65
50 – 60	62
60 – 70	58
70 – 80	55
80 – 90	51
90 – 100	48
100 and over	0.0