

## PHR Chart

#	HR Rate
0	0
1	13
2	12
3	12h
4	11
5	11h
6	10
7	10h
8	9
9	9h
10	8
11	8h
12	7
13	7h
14	6
15	6h
16	5
17	5h
18	4
19	4h
20	3
21	3h
22	2
23	2h
24	1
25	1h