

ABSTRACT

Embodiments of the present invention provide a method for reporting a power headroom report and a terminal. The method for reporting a power headroom report includes: in a case that a trigger condition for reporting a power headroom report is satisfied, reporting a power headroom report, where the power headroom report includes power headroom report information of at least one power control object, and the power control object is an antenna panel or a beam.

Figure 2 accompanies.