

ABSTRACT

POWER HEADROOM REPORTING METHOD AND TERMINAL DEVICE

The present disclosure provides a power headroom reporting method and a terminal device. The method includes: performing power headroom reporting according to a power headroom report PHR policy, where the PHR policy is related to at least one of the following: a carrier used for power headroom calculation, or a target PHR type, the target PHR type includes a first PHR type and/or a second PHR type, the first PHR type includes a type 1 PHR, a type 2 PHR, or a type 3 PHR, and the second PHR type includes a real PHR or a virtual PHR.

Figure 2