Name: _____   Date: _____

ACTIVITY	PULSE RATE - 6 seconds	PULSE RATE - 60 seconds (Add a zero to the 6 second pulse rate or multiply by 10)
Lying Down (#1)		
Lying Down (#2)		
Lying Down (#3)		
Walking (#1)		
Walking (#2)		
Walking (#3)		
Jumping Jacks (#1)		
Jumping Jacks (#2)		
Jumping Jacks (#3)		

1. Which activity had the highest heart rate? _____

2. Which activity had the lowest heart rate? _____

3. Tell in your own words why the heart rates are different:

Changing *the face of* Medicine