



ACTIVITY TEMPLATE AND RECORD SHEET

Student name _____

Partner's name _____ Date _____

Heart Rate Monitors, Moderate to Vigorous Physical Activity (MVPA), and Goal Setting Activity

Heart rate monitor number: _____ Target heart rate (THR): _____

THR = $220 - \text{age} = \text{_____} \times .70 = \text{_____}$ THR

Activity 1

a. How many minutes was I in my THR zone during the two minutes of walking? _____

b. How many minutes was I in my THR zone during the two minutes of running? _____

If the concept of vigorous means having a faster HR, which activity was more vigorous?

Walking _____ Running _____

Note: Consider that walking is moderate and running is vigorous. Which activity is more intense?

Walking _____ Running _____

The Centers for Disease Control recommends that children and youth perform 60 minutes or more of moderate to vigorous physical activity daily.

Which is easier for you to accomplish? 60 minutes of walking _____ 60 minutes of running _____

What other activities do you enjoy that might be moderate or vigorous?

How can you determine the level of intensity without wearing the HR monitor?

Activity 2

Estimate how long in the next 10 minutes you will be able to stay in your THR zone: _____ minutes

Now, record the number of minutes you were actually in the THR zone: _____

Did you meet your goal? Yes _____ No _____

If you met your goal, what activity level did you need to be in your THR zone? (walking or running?)

If you did not meet your goal, what can you do differently to accomplish the goal?