



CHART YOUR HEART RATE WORKSHEET

Name _____ Date _____

190					
180					
170					
160					
150					
140					
130					
120					
110					
100					
90					
80					
70					
60					
50					
40					
30					
20					
10					
0					
	Pre-warm-up	Interval 1	Interval 2	Interval 3	Post-cool-down

Draw a line across the chart to indicate your target heart rate. Each time the teacher signals, take your heart rate for 10 seconds and multiply that number by 6. Shade in the cells on the graph to indicate your heart rate and create a bar graph.

1. When participating in today's activity I monitored my _____ by taking my heart rate and trying to reach my target heart rate zone.

Circle one to fill in the blank.

frequency

intensity

time

type

CHART YOUR HEART RATE WORKSHEET *(continued)*

2. The shaded area on the graph indicates that my target heart rate zone is ____ - ____.

3. The graph indicates that I _____ my target heart rate zone today.

- a. reached
- b. did not reach

4. Things I did to reach my zone today included _____

5. Things I did that may not have helped me reach my zone today included _____

6. Goals for next time:

a. To reach and maintain my target heart rate, I will _____

b. If I go above my target heart rate, I will _____
