

Name: \_\_\_\_\_

Partner's Name: \_\_\_\_\_

### Heart Rate Worksheet

HR after running 5 laps \_\_\_\_\_/\_\_\_\_\_

HR after jumping rope 20 times \_\_\_\_\_/\_\_\_\_\_

HR after doing 10 push ups \_\_\_\_\_/\_\_\_\_\_

HR after doing 15 jumping jacks \_\_\_\_\_/\_\_\_\_\_

HR after sitting quietly for 2 minutes \_\_\_\_\_/\_\_\_\_\_

HR after race walking 6 laps \_\_\_\_\_/\_\_\_\_\_

During which activity was your heart rate the fastest? \_\_\_\_\_

The slowest? \_\_\_\_\_