

Name \_\_\_\_\_

Classroom Teacher \_\_\_\_\_

# ★ ★ PULSE REVIEW ★ ★

During physical education you have been taught to find and feel your pulse at the carotid artery. Over the next few days, find your pulse and record your heart rate at different times during the day. Ask a parent or guardian to time you for 6 seconds while you are counting your pulse. Remember to add a 0 or multiply by 10 to get your 1-minute heart rate.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>BEFORE GOING TO BED</b>	<b>JOG IN PLACE FOR 1 MINUTE</b>	<b>AFTER WAKING UP</b>	<b>DANCE TO ONE UPBEAT SONG</b>	<b>READ FOR 5 MINUTES</b>
My pulse rate was: <input type="text"/>	My pulse rate was: <input type="text"/>	My pulse rate was: <input type="text"/>	My pulse rate was: <input type="text"/>	My pulse rate was: <input type="text"/>

When was your heart rate at its fastest? \_\_\_\_\_

What are some other ways to help your heart beat fast? \_\_\_\_\_

