

# HEART HEALTH HOMEWORK



## Finding Your Resting Pulse Rate:

1. Put a Heartbeat Monitor on your wrist artery (Or feel your neck artery).
2. Ask a partner to clock 15 seconds. Count the tick tocks of the Heartbeat Monitor (or pulses in neck artery).

\_\_\_\_\_ Heartbeats in 15 seconds x 4 = \_\_\_\_\_ **resting heartbeats per minute.**

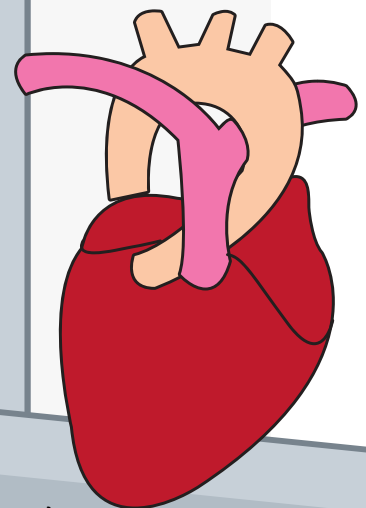
## Find your working Pulse Rate

3. Do 20 jumping jacks. Now find your working pulse rate  
\_\_\_\_\_ Heartbeats per 15 seconds x 4 = \_\_\_\_\_ **working Heartbeats per Minute**

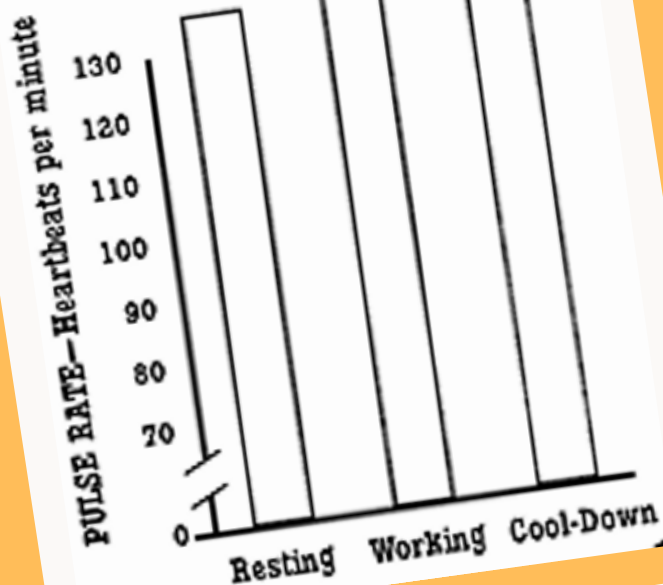
## Find your Cool-Down Pulse Rate

4. Wait 2 minutes, find your cool-down pulse rate.

\_\_\_\_\_ Heartbeats per 15 seconds x 4 = \_\_\_\_\_  
**Cool-Down Heartbeats per Minute**



## CHART YOUR HEART!



## My Heart Profile:

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

Age \_\_\_\_\_

My heart beats (**Resting Pulse Rate**) \_\_\_\_\_ times per minute,

(x60) \_\_\_\_\_ times per hour, (x24) \_\_\_\_\_ times per day, and (x365) \_\_\_\_\_ times per year. In my lifetime, (x your age \_\_\_\_\_), my heart has beat more than \_\_\_\_\_ times.