

Heart Rate Chart

Resting heart rate

Resting pulse rate (15 second interval)	
Resting heart rate (multiply by 4)	

Activity 1

Pulse rate (15 second interval)	
Heart rate (multiply by 4)	
Amount of time to return to resting heart rate	

Heart Rate Chart

Activity 2

Pulse rate (15 second interval)	
Heart rate (multiply by 4)	
Amount of time to return to resting heart rate	