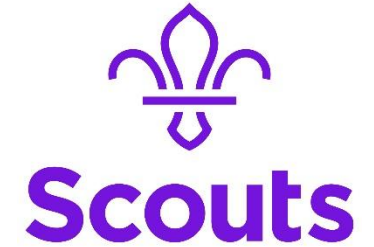


My heart rate

Compare your heart rate when resting and after doing different types of exercise by recording it below.



My name is:			
My resting heart rate is:			
My heart rate after these activities is:	Hoola Hooping	Relay Race	Obstacle Course

Find out your resting heart rate by counting how many times your heart beats in one minute while you're resting (so not when you're doing exercise, or just after you've done exercise).

You can count your heart rate using your pulse, feeling the blood being propelled through the arteries in your wrist or neck. Count how many times you feel it with two fingers, like in the pictures.

