

Name: _____

Date: _____

Use a bar graph or a coloured line to graph the different pulse rates on different dates.

Date(s)															
Pulse	Pre/Act/Post			Pre/Act/Post			Pre/Act/Post			Pre/Act/Post			Pre/Act/Post		
200															
180															
170															
160															
150															
140															
130															
120															
110															
100															
90															
80															
70															
60															
40															

Pulse Rate (beats/minute)

Pre = resting heart rate (before activity)

Act = activity heart rate (when exercising)

Post = heart rate after exercising (at least 2 – 3 minutes after activity)