Name: _____ **Date:** _____

Instructions: Perform each activity for 30 seconds, 1 minute, and 3 minutes. Rest a minute or two between each activity and time periods. After each time period, take your pulse and record that number in the chart below. Then, answer the questions.

Heart Rate Data Table

Activity	30 Seconds	1 Minute	3 Minutes
Using the Computer			
Climbing Stairs			
Jumping Rope			
Running			
Walking			

Tip To take your pulse, count your heartbeats for 30 seconds and multiply that number by 2.

1. Which activity made your heart beat the fastest?

2. Which activity made your heart beat the slowest?

3. What's the difference in your pulse between 3 minutes of running and 3 minutes of using the computer?

4. Which activities do you think provided the greatest health benefits?
   Do you think you could do these activities for 30 minutes? Why?

5. Which activity did you enjoy the most? The least?

6. Estimate how much time per day you spend doing things while sitting.

7. Estimate how much time per day you spend doing things that involve moving around.