

Data Sheet

Resting Pulse Rate

Fill in your three resting state values. Calculate the average of the three trials. Multiply the final average by four to determine your resting pulse rate per minute.

DATA COLLECTION

	Resting Pulse Rate (Beats per 15 Seconds)
Trial 1	
Trial 2	
Trial 3	
Average	

CALCULATION

Resting Pulse Rate per Minute (Average Resting Pulse x 4)

Recovery Time

Complete 50 jumping jacks. Have your partner take your pulse immediately after the exercise, and then again each minute after (each 15 seconds your partner is taking the pulse counts as part of one minute). When your partner has taken your pulse measurements for seven minutes, multiply them by four and record the data below.

DATA COLLECTION

Time (Minutes After Exercise)	Pulse Rate (Beats per 15 Seconds)
0	
1	
2	
3	
4	
5	
6	
7	

CALCULATION

Time (Minutes After Exercise)	Pulse Rate per Minute (Beats Per 15 Seconds x 4)
0	
1	
2	
3	
4	
5	
6	
7	