



# LET'S TRACK YOUR HEART RATE

Now that you know how to take your own heart rate, let's track how it changes. Throughout the day, I'll ask you to get out of your seat and get a little exercise. Afterwards, you'll find your heart rate and write down the results. Finally, I want you to write down what you noticed as your heart rate changed. At the end of the day, we'll take a look at how our heart rates are different.

<b>Activity</b>	<b>Heart Rate</b>	<b>How does your body feel?</b>
<b>Working at your Desk</b>		
<b>Running in Place for 30 Sec.</b>		
<b>Slowly Walking in the Hall</b>		
<b>20 Fast Jumping Jacks</b>		
<b>Heads Down and Eyes Closed</b>		