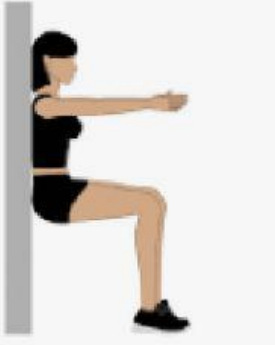




Heart Beats/M recording sheet

Name _____

APP used for heart rate _____

		Self Counting		APP
	Activity	Beats in 10 seconds	Beats per minute	Beats per minute
	Sitting			
	30 Jumping Jacks			
	Siting			
	30 seconds static wall squat with arms straight out			