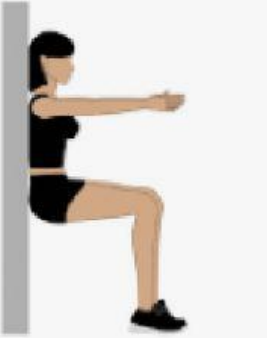




# Heart Beats/M recording sheet

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 |                     |                  |                  |