#1FIND YOUR RESTING HEART RATE

When your fitness level improves, your resting heart rate may decrease as your heart becomes more efficient.
To measure your resting heart rate, follow these steps:

1. Before getting out of bed in the morning or after 15-20 minutes of rest and relaxation, FIND YOUR PULSE.

2. Use a wristwatch (or ask a parent to help) and count your pulse for ONE MINUTE.

3. Record your RESTING HEART RATE (R.H.R) _____

#2 FIND YOUR TARGET HEART RANGE

To improve your cardiovascular fitness it is important to exercise within your target heart range.(T.H.R.) The T.H.R. is determined when your heart rate is between 60% and 90% of the maximum heart rate. Follow the calculations below to find your T.H.R.

220	220
_ (age)	_ (age)
=	=
_ (RHR)	_ (RHR)
=	=
X .60 (60%)	X .90 (90%)
=	=
+ (RHR)	+ (RHR)
=	=

• Use a calculator.

• Ask your math teacher for help.

• Ask your parents for help.

• Check your work.

BONUS POINTS   /25pts

FIND YOUR PARENT'S TARGET HEART RANGE
Remember, you must find their resting heart rate before you can complete the calculation.

220	220
_ (age)	_ (age)
=	=
_ (RHR)	_ (RHR)
=	=
X .60 (60%)	X .90 (90%)
=	=
+ (RHR)	+ (RHR)
=	=

EXERCISE W/ PARENT

Participate in a cardiovascular activity, with your parent, for a minimum of 15 minutes. Your goal is to exercise in your target heart range for the full 15 minutes.

Perform a safe warm up before starting the cardiovascular activity

Examples of cardiovascular activities are biking, jogging, swimming, cardio machine, aerobic dance, rowing, jumping rope or brisk walking.

Your heart must be beating in the target range to be successful.

Record your heart rate in the box.

YOU	5 min. HR	10 min HR	15 min HR
PARENT	5 min. HR	10 min HR	15 min HR

WRITING A SUMMARY
Now that you have completed the cardiovascular activity, complete the following:
Write a brief description of your experience. Include the; who, what, why and how did you feel.

Parent signature _____