

# Heart Rate

Find out what happens to your heart rate when you do physical activities!

Heart rates are calculated in beats per minute (bpm). Your regular resting heart rate (when you are not doing any physical activities) should range between 60 and 100 bpm.

Use this table to calculate your heart rate:

	Beats in 10 seconds	Multiply by 6	Beats per minute
Resting		×6	
Jogging		×6	
Jumping Jacks		×6	
Resting		×6	

What happened?

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