

# Pulse Rates

Name: \_\_\_\_\_

Take your pulse rates during different times of the day. Measure your pulse for 30 seconds and multiply by two to get your pulse rate for one minute. Record the amounts for one week. Do this with other people in the family. Try to do this at the same time each day.

	<b>Pulse Rate Waking Up</b>	<b>Pulse Rate After Breakfast</b>	<b>Pulse Rate Before Lunch</b>	<b>Pulse Rate Before Dinner</b>	<b>Pulse Rate Before Bed</b>
	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>	<b>Time:</b>
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					



# Pulse Rates and exercise

Name: \_\_\_\_\_

Take your pulse rates at rest and after doing exercises of your choice. Measure your pulse for 30 seconds and multiply by two to get your pulse rate for one minute. Record the amounts for one week. Do this with other people in the family. Try to do this for several weeks. Does your pulse go down as you get used to exercising?

Type of Exercise and Number Done:	Pulse Rate at Rest and After doing: Exercise:	Pulse Rate at Rest and After doing: Exercise:	Pulse Rate at Rest and After doing: Exercise:	Pulse Rate at Rest and After doing: Exercise:	Pulse Rate at Rest and After doing: Exercise:
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					



## Exercise Chart

Directions: Keep track of the following information daily. Measure your body dimensions once a week. Do this for several weeks and compare the information. What did you find? Evaluate your overall physical condition.

Type of Exercise	Duration or Repetition					Pulse Rate				
	M	T	W	TH	F	M	T	W	TH	F
Stretches										
Jumping Jacks										
Sit-Ups or Variations of Sit-Ups										
Toe Touches										
Push-Ups										
Leg Lifts										
Jump Rope										
Jogging										
Weight:										

Body Measurements:

Waist
Upper Arms
Upper Thighs
Hips
Calves
Shoulders
Chest



## Weight Loss Chart

Directions: If someone in your family needs to lose weight this chart will help keep track of your progress! Use this with an exercise program.

Pounds Lost	16								
	14								
	12								
	10								
	8								
	6								
	4								
	2								
			1	2	3	4	5	6	7
	Weeks								

