

Fitness Homework - Cardio Graph Worksheet

Name: _____ Block: _____ Date: _____ Parent Signature: _____

H E A R T ♥ R A T E Bpm	200											
	190											
	180											
	170											
	160											
	150											
	140											
	130											
	120											
	110											
	100											
	90											
	<80											
	Resting Heart Rate	Walk Backwards	Brisk Walk Forward	Grapevine	Jog	Skip	Jump Rope	Jumping Jacks	Squat Jumps	Lunges	Mountain Climbers	Run in Place

Activities

Before participating in the activities, record your resting heart rate: _____. You will now participate in each of the activities listed on the graph for 1 minute. After each activity, quickly locate your pulse and count your beats for 6 seconds. Multiply the number of heart beats you counted by 10. This is your BPM on the graph. After the cool down walk, your heart rate was _____. Look at the pattern that developed on your personal Cardio Graph as you charted your heart rate for each activity.

How does the exercise affect your heart rate? _____

What could you have done to increase your heart rate? _____

What could you have done to decrease your heart rate? _____

Did you give your best effort? Why or Why not? _____
