***How Hard are You Working?***

***Using Heart Rate to Determine Exercise Intensity***

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RM.\_\_\_\_\_\_\_\_**

***Starting Heart Rate \_\_\_\_\_\_\_\_\_***

**After participating in each of the following activities, use the Pulse Stick to measure your heart rate and record this number on the line provided.**

***JUMP ROPE \_\_\_\_\_\_\_\_\_ Hoola Hoop \_\_\_\_\_\_\_\_\_***

***Lunges \_\_\_\_\_\_\_\_\_ JUMPING JACKS \_\_\_\_\_\_\_\_\_***

**Which activity was MOST *intense*?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How do you know?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Which activity was LEAST intense?\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How do you know?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What are the 3 ways your body tells you that you are working hard?**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**