

After each activity you must check your heart rate by using your skip watch to count the amount your heart beats per minute. Make sure you do this at each interval in order to collect the right type of data.

ACTIVITY	TIME (MINUTES)	HEART BEATS PER MINUTE
Take your heart rate now at your rest.	0 min	
Walk down the stairs	2 min	
Run around the playground for 1 minute	4 min	
Walk around the playground for 1 minute	6 min	
Do as many star jumps as you can for 1 minute	8 min	
Walk back up the stairs	10 min	
Get back to your rest for 2 minutes	12 min	