

## Taking Your Pulse Worksheet



### Instructions

- Use the radial pulse (wrist) or the carotid pulse (side of your neck). The radial pulse can be found on your wrist just below your thumb where your watch would be
- Use two fingers and place them on the area. When you are in the right spot you will feel a pulsing movement – this is your pulse
- Count the number of pulses you feel in 10 seconds
- Write down the number in the equation written below and then multiply the number by 6 for the number of beats per minute

1. Take Your Resting Heart Rate

**Resting Heart Rate:** \_\_\_\_\_ (10 second count) **X 6** = \_\_\_\_\_ beats/minute

2. Move your feet for 5 minutes. (jog on the spot)
3. Take your Active Heart Rate (remember to keep your feet moving while taking your pulse to keep your heart rate from dropping)

**Active Heart Rate:** \_\_\_\_\_ (10 second count) **X 6** = \_\_\_\_\_ beats/minute

Being active is good for my heart, lungs and muscles because:

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I should be physically active for at least \_\_\_\_\_ minutes \_\_\_\_\_ days a week



**EXAMPLE**

**Active Log Sheet**

Keep track of your participation in physical activity by filling in the chart below.

Date	Description of Activity	S = Strength E = Endurance F = Flexibility	Time (minutes)	Pulse Rate (beats per minute)	
				Before Activity	After Activity
Monday	Soccer Practice	E	30 min		
	Stretching	F	10 min		
Tuesday	Walk the dog	E	20 min		
	Swimming Lesson	E	30 min		
Wednesday	Walk to School	E	25 min		
Thursday	Soccer Game	E	60 min		
Friday	Walk the Dog	E	30 min		
	Carrying groceries	S	10 min		
Saturday	Bike Ride	E	40 min		
Sunday	Swimming	E	30 min		
	Walk the dog	E	30 min		

