

AMBIENT HEART RATE VARIATIONS IN A SINGLE DAY

Name: _____ Date: _____ Ambient heart rate: _____

Because ambient heart rate measurements provide data on current stress levels, and because stress levels change throughout the day, it's important to take ambient heart rate readings at regular intervals throughout the day. Some people have a higher heart rate in the afternoon; and others, in the morning. Find out how much your heart rate varies by repeatedly measuring it during the school day, ideally every hour. Each time you take the measurement, be sure to assume the same body position to hold the body position factor constant.

Instructions

1. Wear your heart rate monitor throughout the school day.
2. Each hour, assume the same position for one minute and record your heart rate in the following table.
3. Determine the lowest heart rate you have each day and look for trends. For example, is it lower in the mornings or in the afternoons?
4. Repeat steps 2 and 3 for several days to get the most accurate results.

AMBIENT HEART RATE RECORDING

Time	Ambient heart rate
	Average ambient heart rate: _____