

## 2.1b

# RESTING HEART RATE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Resting heart rate is the number of times your heart beats in one minute when you are at complete, uninterrupted rest. It is best taken in a prone position (i.e., lying down), preferably when you first wake up in the morning, before you get out of bed.

For five days, record your resting heart rate by counting your pulse before you get out of bed or sit up in the morning.

At the carotid artery (on your neck), count your pulse for six seconds (using a digital watch or a clock with a second hand) and multiply by 10 (add a 0 to the six-second count) to get the number of beats per minute (bpm). Record that number each day in this chart:

1	2	3	4	5
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When you have completed five readings, add the heart rate values together and divide by 5 (or by the number of days you recorded) to find your average resting heart rate.

The total of my recorded resting heart rates is \_\_\_\_\_. Day 1 \_\_\_\_\_ bpm

Day 2 \_\_\_\_\_ bpm

Divide by the number of days (5) = \_\_\_\_\_

Day 3 \_\_\_\_\_ bpm

Day 4 \_\_\_\_\_ bpm

Day 5 \_\_\_\_\_ bpm

Total \_\_\_\_\_ bpm

My average resting heart rate is \_\_\_\_\_ bpm

What I learned:

Compare your resting heart rate to that of another student in class. What could account for the differences?