Exercise/Activity	Prediction How many beats per minute?	Time (mins)	Pulse Rate		Did it go up or down?	Was your prediction right?
			Before	After		

Conclusion

When I exercise my pulse rate goes _____.

When I rest it goes _____.

My fastest pulse rate was_____ per minute.

My slowest pulse rate was _____ per minute.

When I exercise my heart beats faster because my body and muscles need more _____.