**Heart Rate Worksheet**

Resting heart rate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Walking heart rate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Running heart rate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other Activities: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Questions to ask yourself:

What can I do to keep my heart healthy?

What makes my heart beat faster?

What makes my heart beat slower?

Why is my heart important?

