
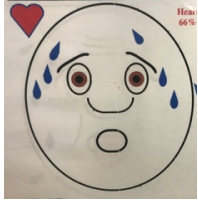




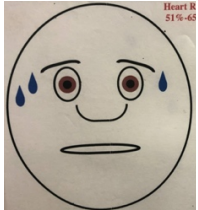
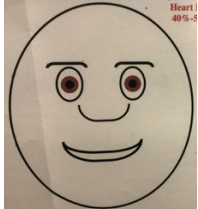
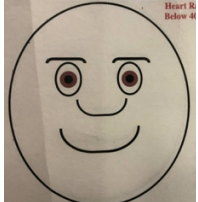


## Intensity Levels & Heart Rate (3-5)

Intensity Level	Facial Expressions	Characteristics	Activity examples <i>(add your own examples too!)</i>	Age & Heart Rate Range			
				8	9	10	11
5		<p style="text-align: center;"><b>Max</b></p> <ul style="list-style-type: none"> <li>• Very, very difficult</li> <li>• Can only keep this pace for a short time</li> <li>• Can NOT talk</li> <li>• Uncomfortable</li> <li>• Sweating hard</li> </ul>	<ul style="list-style-type: none"> <li>• Short sprint</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	183-212	182-211	181-210	180-209
4		<p style="text-align: center;"><b>Heart Health</b></p> <ul style="list-style-type: none"> <li>• Moderately hard</li> <li>• Uncomfortable but can keep pace going</li> <li>• Can talk but really don't want to</li> <li>• Sweating</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Noodle Tag</li> <li>•</li> <li>•</li> <li>•</li> </ul>	 <span style="background-color: yellow;">141-182</span>	 <span style="background-color: yellow;">140-181</span>	 <span style="background-color: yellow;">139-180</span>	 <span style="background-color: yellow;">138-179</span>
3		<p style="text-align: center;"><b>Base</b></p> <ul style="list-style-type: none"> <li>• Moderate</li> <li>• A little uncomfortable</li> <li>• Sweating a little</li> <li>• Can talk but not easily</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging</li> <li>•</li> <li>•</li> <li>•</li> </ul>	110-140	109-139	108-138	107-137
2		<p style="text-align: center;"><b>Daily Activity</b></p> <ul style="list-style-type: none"> <li>• Easy</li> <li>• All day pace</li> <li>• Talk easily</li> <li>• Not sweating</li> </ul>	<ul style="list-style-type: none"> <li>• Walking</li> <li>• Four-square</li> <li>•</li> <li>•</li> </ul>	87-109	86-108	85-107	84-106
1		<p style="text-align: center;"><b>Media/Seat</b></p> <ul style="list-style-type: none"> <li>• Very, very easy</li> <li>• Sitting</li> <li>• Can talk easily</li> </ul>	<ul style="list-style-type: none"> <li>• Laying down</li> <li>• Sitting</li> <li>•</li> <li>•</li> </ul>	Less than 86	Less than 85	Less than 84	Less than 83

## Track your Heart Rate!

Instructions: Use the organizer to track your heart rate, before and after activity, and determine what intensity level you were working in. Aim to work in intensity level 4!

Activity 1:		Activity 2:		Activity 3:	
Picture/description:		Picture/description:		Picture/description:	
Heart Rate Before:	Heart Rate After:	Heart Rate Before:	Heart Rate After:	Heart Rate Before:	Heart Rate After:
Intensity level		Intensity level		Intensity level	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	

