Ask A Biologist - Exercise Journal

You can use these instructions and journal pages to track the results of your daily exercise and activities.

First let's measure your **resting heart rate**. Sit quietly for a few minutes and find your pulse Every time you feel your pulse, your heart is contracting or beating. Count the number of pulses for 10 seconds. Write this number down. Now multiply this number by six to get your resting heart rate.

Beats per second____ X 6 = ____   Beats Per Minute / Resting Heart Rate

Next find a bench or step that is about 6 inches high. You are going to measure your **recovery heart rate** by stepping up and down on the bench for the next 2 minutes alternating your feet to the words, up up, down down. After 2 minutes, immediately sit down and measure your pulse for 10 seconds. Write this number down. Now multiply this number by six to get your recovery heart rate. Write that number below

Beats per second ____ X 6 = ____   Beats Per Minute / Recovery Heart Rate

The numbers above will be how you track your progress with your exercise program. They can also be graphed so that you can see what changes over time. As your heart and muscles become stronger with exercise, your resting heart rate and recovery heart rate should go down.

The following two pages are an example journal page and a blank journal page for you to print and use for your exercise experiment. To help test your level of daily exercise intensity we have given each level a number.

 (1) for easy, (2) for moderate, (3) for hard

If you write these numbers down in your journal you can use them to see how different levels of exercise intensity affect your resting and recovery heart rates. If you plan to use intensity in your experiment here are a few tips.

You will need to calculate the average exercise intensity for each day. To do this you need to multiply each daily exercise intensity level by the number of minutes you were doing the activity and then divide that number by to total minutes you exercised each day. Confused? Take a look at the examples below.

10 minutes of moderate (2) activity is -   10 X 2 = 20 (intensity value)

Once you finish a day of activities you can add up all the intensity values and divide them by the total number of daily exercise minutes. This will be your average daily exercise intensity value. For example:

10 minutes of moderate   (2) activity - 10 X 2 = 20 (intensity value)

20 minutes of moderate   (2) activity - 20 X 2 = 40 (intensity value)

25 minutes of easy   (1) activity - 20 X 1 = 20 (intensity value)

10 minutes of moderate   (3) activity - 15 X 3 = 45 (intensity value)

20+40+20+45 = 125 total daily intensity and 10+20+20+15 = 65 daily exercise minutes

and… 125 / 65* = **1.92 (average daily exercise intensity value)**

*if less than 60 minutes for the day divide by 60

Use this journal page to track your weekly exercise. For intensity use (1) for easy, (2) for moderate, (3) for hard.

Exercising for periods of less than 10 minutes should not be recorded. Try to get 60 minutes of exercise in each day.

Name: Example Sheet		Resting Heart Rate		Recovery Heart Rate	
Date: April 1, 2009		14	**X 6 =** 84	22	**X 6 =** 132
Make sure to measure your progress on a weekly basis by redoing the above tests. Also use the same step for all your testing.					

Weekly Exercise and Activity Chart							
Data	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Exercise	Walked to school	Walked to school	Walked to school	Got a ride to school	Walked to school	Did exercises	Walked the dog
Intensity 1,2,3	2	2	1	0	2	2	2
Time	15	15	20	0	15	20	40
Exercise	Gym class basketball	Walked home	Gym class basketball	Walked home	Walked home	skateboard	
Intensity 1,2,3	3	2	3	2	2	2	
Time	30	15	30	15	15	60	
Exercise	Walked home	Played catch	Got a ride home	Walked the dog	Skateboard after school	Walked the dog	
Intensity 1,2,3	1	2	0	2	2	2	
Time	20	10	0	30	60	20	
Exercise		Walked the dog	Skateboard Park				
Intensity 1,2,3		1	2				
Time		20	40				
Exercise							
Intensity 1,2,3							
Time							
Exercise							
Intensity 1,2,3							
Time							
Average Intensity	2.15	1.66	2.11	1.5	2.0	2.0	1.33
Total Time	65	60	90	45	90	100	40

Weekly Reflections:
I walk faster to school in the morning because I am late so I get there on time. When I skateboard I do stand around a lot of the time, but when I am doing tricks I work hard.
My exercises on Saturday are just pushups, sit-ups, and chin-ups. I cannot do a lot of any of these yet. It is just the first week.
On Thursday I only did things for 45 minutes but had to use 60 minutes to calculate the average intensity for the day.

Use this journal page to track your weekly exercise. For intensity use (1) for easy, (2) for moderate, (3) for hard. Exercising for periods of less than 10 minutes should not be recorded. Try to get 60 minutes of exercise in each day.

Name:		Resting Heart Rate		Recovery Heart Rate	
Date:			X 6 =		X 6 =
Make sure to measure your progress on a weekly basis by redoing the above tests. Also use the same step for all your testing.					

Weekly Exercise and Activity Chart							
Data	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week							
Exercise							
Intensity 1,2,3							
Time							
Exercise							
Intensity 1,2,3							
Time							
Exercise							
Intensity 1,2,3							
Time							
Exercise							
Intensity 1,2,3							
Time							
Exercise							
Intensity 1,2,3							
Time							
Exercise							
Intensity 1,2,3							
Time							
Average Intensity							
Total Time							

Weekly Reflections: