# FCMS Physical Activity Log

**Calculating Heart Rate**

1. Find Pulse (Carotid “neck” or Radial “wrist”)
2. Set 6 second timer (Count how many beats during that 6 seconds)
3. Multiply by 10 or add a 0 to the end (Ex: 7 beats in 6 seconds turns into 70 bpm)

**Examples of Physical Activity**

Walking, Running, Skateboarding, Biking, Sports, Yard Work, Hiking, Yoga, Weight Lifting.

“Aim for 40 minute of Physical Activity daily.”

<table>
<thead>
<tr>
<th>Date</th>
<th>Resting Heart Rate</th>
<th>Mid-Activity HR</th>
<th>Final Heart Rate</th>
<th>Activity</th>
<th>Duration (How long?)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/26</td>
<td>70</td>
<td>140</td>
<td>160</td>
<td>2 Mile Jog</td>
<td>17:35</td>
</tr>
</tbody>
</table>