

Name: _____

Date: _____

BLM 10-3

Recovery Time Data Table

Record the results in the table below.

Person	Before Exercise	Heart Rate After Light Exercise	Recovery Time After Light Exercise	Heart Rate After Heavy Exercise	Recovery Time After Heavy Exercise
You					

Person	Before Exercise	Heart Rate After Light Exercise	Recovery Time After Light Exercise	Heart Rate After Heavy Exercise	Recovery Time After Heavy Exercise
You					

Person	Before Exercise	Heart Rate After Light Exercise	Recovery Time After Light Exercise	Heart Rate After Heavy Exercise	Recovery Time After Heavy Exercise
You					