|  |  |  |
| --- | --- | --- |
| **Activity** | **Beats per 15 second**  **(pulse rate)** | **BPM** (beats per minute) |
| Formula | **Beats per 15 secs x 4 = beats per minute** | |
| Laying Down |  |  |
| Standing Still |  |  |
| Walking |  |  |
| Skipping |  |  |
| Jumping |  |  |
| Jogging |  |  |
| Sprinting |  |  |