**Table of results**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Brisk walk*** | **Resting (1 minute)** | **Exercise (1 minute)** | **Resting (1 minute)** |
| Pulse rate or Breathing rate |  |  |  |
| Pulse rate or breathing rate |  |  |  |
| Average |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_*** | **Resting (1 minute)** | **Exercise (1 minute)** | **Resting (1 minute)** |
| Pulse rate or Breathing rate |  |  |  |
| Pulse rate or breathing rate |  |  |  |
| Average |  |  |  |