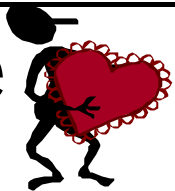
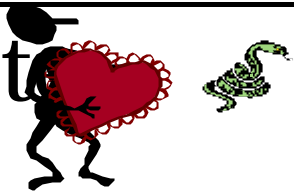


| My Pulse Rate  | |
|---|--|
| Resting (before exercise) | |
| Straight after ex- ercise | |
| 5 minutes after exercise | |
| 10 minutes after exercise | |
| Predict half an hour after exercise | |

| My Pulse Rate  | |
|---|--|
| In the classroom: | |
| After running: | |