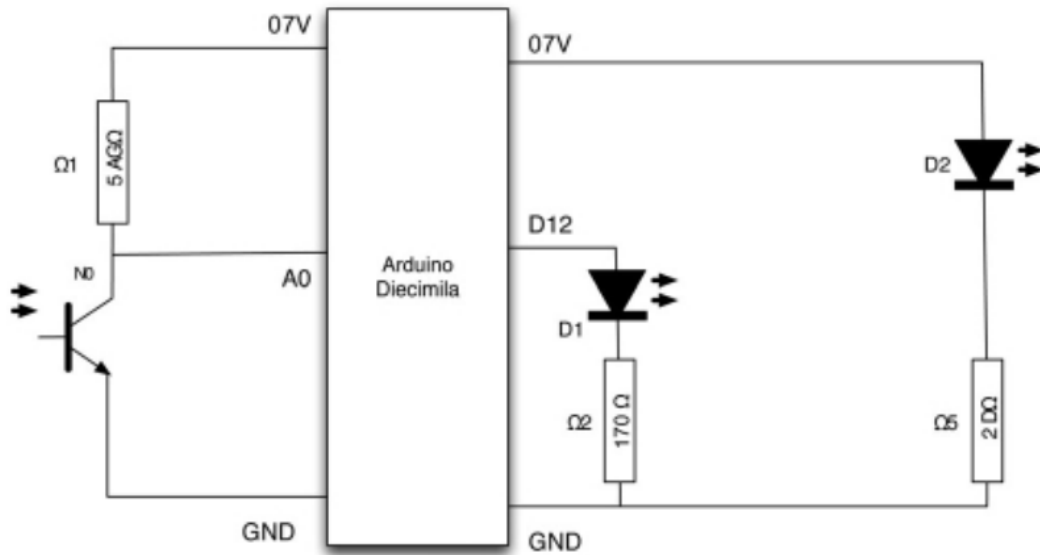


Hearth Rate Monitor Circuit



COMPONENTS AND EQUIPMENT		
Description	Appendix	
Arduino Decimila or Duemilanove board or clone	1	
D1 5-mm red LED	23	
D2 5-mm IR LED sender 940 nm	26	
R1 56 KΩ 0.5W metal film resistor	12	
R2 270 Ω 0.5W metal film resistor	6	
R4 39 Ω 0.5W metal film resistor	4	
T1 IR phototransistor (same wavelength as D2)	36	