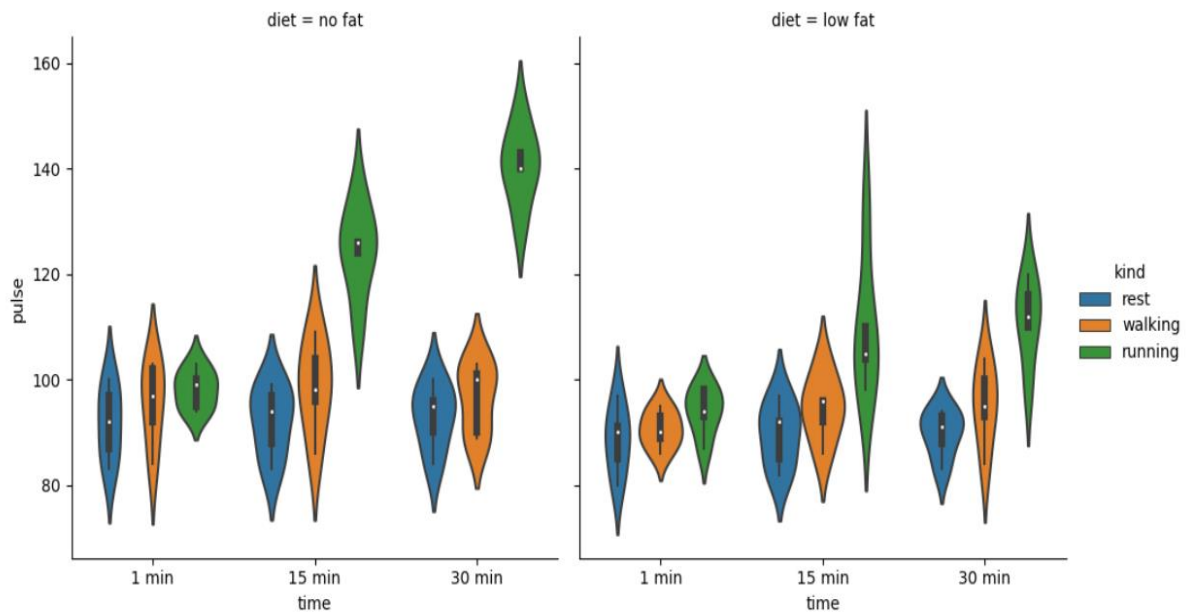


SEABORN CATPLOT ASSIGNMENT



NO-FAT DIET

REST-

1. Less than 1 min-pulse rate-75-105, frequent rate-85-98, average rate-90.
2. Less than 15-min-pulse rate-75-105, Frequent rate-80-100, average rate-91.
3. Less than 30-min-pulse rate-76-107, Frequent rate-85-95, averagerate-94.

WALK-

- 1) 1min-pulse rate -75-110, frequent rate-90-102, average -98.
- 2) 15 min -pulse rate-75-122, frequent rate -98-105, average -99.
- 3) 30 min-pulse rate -81-110, frequent rate -90-100, average rate -98.

RUN-

- 1) More than 1min-pulse rate-85-105, frequent rate-97-102, average rate-100.
- 2) More than 15 min -pulse rate -100-145, frequent rate -121-123, average rate 122.

3) More than 30 min-pulse rate -120-165, frequent rate -139-141, average rate -139.

LOW-FAT DIET-

1. Less than 1 min-pulse rate-60-102, frequent rate-81-85, average rate-85.

2. Less than 15-min-pulse rate-63-102, Frequent rate-79-85, average rate-85.

3. Less than 30-min-pulse rate-70-99, Frequent rate-83-97, average rate-84.

WALK-

1) 1 min-pulse rate -79-98, frequent rate-85-102, average -90.

2) 15 min -pulse rate-76-105, frequent rate -85-90, average -93.

3) 30 min-pulse rate -63-106, frequent rate -90-100, average rate -91.

RUN-

- 1) More than 1min-pulse rate-81-101, frequent rate-90-97, average rate-95.
- 2) More than 15 min -pulse rate -77-149, frequent rate -101-105, average rate 105.
- 3) More than 30 min-pulse rate -81-130, frequent rate -110-119, average rate -115.

These are the report of No fat diet and Low fat Diet people.

