

Analysis: Resting Heart Rate Overview

Study an Example: The following results represent someone's average resting heart rates from September 9th to September 15th.

Morning Average: 61
BPM

Evening Average: 65
BPM

**Morning and Evening
Average:** 63 BPM

Date	Morning Rate	Evening Rate
September 9	62	67
September 10	64	69
September 11	61	63
September 12	63	67
September 13	61	66
September 14	60	64
September 15	60	65

Your Very Own Heart Rate: Now, take your own heart rate every morning and night for the next week. What do you notice? Record your heart rate as you measure it. On the last day, average your scores and finish the chart provided below.

Morning Average:

Evening Average:

**Morning and Evening
Average:**

Date	Morning Rate	Evening Rate