

1. Go <https://github.com/WorldFamousElectronics/PulseSensorPlayground>
2. click "Clone or download"
3. click "Download ZIP" (remember where it gets downloaded)
4. In Arduino IDE -> Sketch -> Include Library -> Add .ZIP library
5. Give it the downloaded ZIP
6. In Arduino IDE -> File -> Examples -> PulseSensor Playground -> GettingStartedProject
7. In Arduino IDE -> Tools -> Serial Plotter (you should see a heart beat plot)
8. In Arduino IDE -> File -> Examples -> PulseSensor Playground -> Getting_BMP_to_Monitor
9. In Arduino IDE -> Tools -> Serial Monitor

