

Name:

Date:

Grade:

My height: _____ m

My height squared: _____ m²

My weight: _____ kg

My BMI: _____ kg/m²

Pulse	Measurement (15 sec)		Pulse rate (per min)		Average
	1	2	1	2	
Lying down					
Standing					
Immediately after exercise					
2 min after exercise					