Connect the Hand-Grip Heart Rate Monitor to the Easy Link. Then connect the Easy Link to the TI -84 calculator. When you are ready to start the experiment, press START.

**Trail 1:**

1. Hold the Hand-Grip Heart Monitor in your hand.
2. Press START on the calculator to collect your heart rate at Rest for 1 minute.
3. After 1 minute, march in place for another minute.
4. After that minute, jog in place for another minute.
5. After that minute, stand in place to go back to Rest.
6. After that minute stop the experiment and sketch the graph displayed on the calculator below.



**Trail 2:**

1. Hold the Hand-Grip Heart Monitor in your hand.
2. Press START on the calculator to collect your heart rate at Rest for 1 minute.
3. After 1 minute, jog in place for another minute.
4. After that minute, run in place for another minute.
5. After that minute, stand in place to go back to Rest.
6. After that minute stop the experiment and sketch the graph displayed on the calculator below.

 

**Trail 3:**

1. Hold the Hand-Grip Heart Monitor in your hand.
2. Press START on the calculator to collect your heart rate at Rest for 1 minute.
3. After 1 minute, jog in place for another minute.
4. After that minute, do jumping jacks for another minute.
5. After that minute, stand in place to go back to Rest.
6. After that minute stop the experiment and sketch the graph displayed on the calculator below.

 

**Reflection:**

1. Which trial got your heart rate up the highest? The lowest?
2. For each graph above, describe the rate of change throughout each graph. Is it constant, increasing, or decreasing? Why?
* Graph 1:
* Graph 2:
* Graph 3:
1. On average, how long did it take for you hear rate to go back to Rest?