

How to Measure Your Pulse Rate:

- 1.) Hold out your left hand with your palm facing up.
- 2.) Place your right fingertips on you left wrist.
- 3.) Press firmly to feel the thump of your pulse.
- 4.) Count the beats for sixty seconds.
- 5.) Write the number of total beats you count during the sixty seconds.
- 6.) This is your resting heart rate.

Normal resting heart rate for children is 80-90 beats per minute.

**Adapted from Heartwave (p. 5). Heart Center of the Rockies, Fort Collins, Co.*