

NAME: _____

Please complete one entry per week. All must be turned in on Friday, December 18th.

DATE: _____

DATE: _____

Breakfast: _____

Breakfast: _____

Lunch: _____

Lunch: _____

Dinner: _____

Dinner: _____

Snacks: _____

Snacks: _____

Total Calories: _____

Total Calories: _____

Daily Activity: _____ min

Daily Activity: _____ min

Heart rate: _____ bpm
measured at _____ am/pm

Heart rate: _____ bpm
measured at _____ am/pm

Parent Signature: _____

Parent Signature: _____

NAME: _____

2nd Quarter Project

Purpose: The purpose of this quarter project is to determine if gender, or diet has any effect of the resting heart rate of the average 5th grader.

Expectations: Students will use the attached logs to document eight days over the next nine weeks (one per week from now until Dec. 18th). We as a class will use this information during the week of December 14th to gauge our results. We will use graphs, and written summaries to map our information.

At home: Students will pick one day during the week to fill out the attached log pages. Please only do one per week. Make sure your parents sign the bottom of the page so that I know that you showed them your weekly results.

At school: During the week of December 14th, we will be using our information to graph and summarize our class results from our logs. Please be sure to have you logs with you EVERY FRIDAY for a random log check.