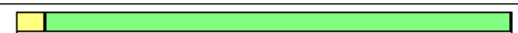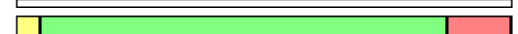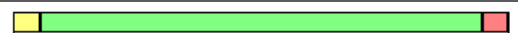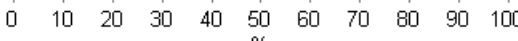# Individual Heart Rate Report

Student: Joe High School
Teacher: Hare, Eileen
Course: Mod 1

Date Range: Saturday, December 01, 2007 - Friday, February 29, 2008
Activities:

Date	Activity	Total Time	Target Zone	Below Zone	In Zone	Above Zone	Average Heart Rate
1/28/2008	DL	30:15	120-170	1:45 (5.8%)	28:30 (94.2%)	0:00 (0.0%)	143
1/31/2008	DL	21:15	120-170	1:00 (4.7%)	17:30 (82.4%)	2:45 (12.9%)	142
Sessions: 2	**Average:**	**25:45**		**1:22 (5.4%)**	**23:00 (89.3%)**	**1:22 (5.3%)**	**143**
	Total Time:	**51:30**		**2:45**	**46:00**	**2:45**	

Legend: □ Below ■ In ■ Above

DL = Downloaded

Session Summary

In 89.3 %
Below 5.4 %
Above 5.3 %

POLAR
LISTEN TO YOUR BODY