

Finding My Pulse

Pulse After 15 seconds	My Pulse 1 minute	Pulse After 15 seconds	My Pulse 1 minute
12	48	31	124
13	52	32	128
14	56	33	132
15	60	34	136
16	64	35	140
17	68	36	144
18	72	37	148
19	76	38	152
20	80	39	156
21	84	40	160
22	88	41	164
23	92	42	168
24	96	43	172
25	100	44	176
26	104	45	180
27	108	46	184
28	112	47	188
29	116	48	192
30	120	49	196