

	<i>Count</i>	<i>Calculate</i> <i>bpm × 60</i>	<i>Calculate</i> <i>bph × 24 × 7</i>	<i>Calculate</i> <i>bpw × 52</i>
Activity Level	Beats per minute (bpm)	Beats per hour (bph)	Beats per week (bpw)	Beats per year (bpy)
At rest				
After a short walk				
After 2 minutes of activity				

Your heart pumps about 60mL per beat. Using count and calculations for your heart at rest, calculate the amount of blood pumped by your heart per minute, hour, week and year.

Activity Level	Amount of blood pumped per			
	minute <i>bpm × 60mL</i>	hour <i>bph × 60mL</i>	week <i>bpw × 60mL</i>	year <i>bpy × 60mL</i>
At rest				

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