

	Resting pulse				Pulse after exercise	
Pulse location	Beats in 15 seconds	X 4 for beats per minute (bpm)	Beats in 15 seconds	X 4 for beats per minute (bpm)	Beats in 15 seconds	X 4 for beats per minute (bpm)
Radial pulse (on wrist below thumb)						
Carotid pulse (on neck below jaw bone)						
Ulnar pulse (on wrist below pinky)						

	Resting pulse				Pulse after exercise	
Pulse location	Beats in 15 seconds	X 4 for beats per minute (bpm)	Beats in 15 seconds	X 4 for beats per minute (bpm)	Beats in 15 seconds	X 4 for beats per minute (bpm)
Radial pulse (on wrist below thumb)						
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