

**Title:**

**Problem:**

**Hypothesis:**

**Controls:**

Control	How you will control this

**Materials** (a complete, bulleted list)

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**Procedure** (A step by step approach to how this lab will be completed. Do not forget the details)

Exercise

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Rest

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

### Data Table

Number of Squeezes per Minute		
	Rest	Exercise
<b>Trial 1</b>		
<b>Trial 2</b>		
<b>Trial 3</b>		
<b>Average</b>		

**Graphs:**  
Attached

**Observations (8 observations)**

**Discussion and Conclusion** Does your data support your hypothesis? You must include data and observations (8)

**Suggestions for Improvement** (see page 9)

**Suggestions for Further Research** (see page 9)