

Heart Rate Monitor and MVPA Rubric: Moderate Intensity Lessons

www.hearttechplus.com



- Exercising in **Yellow, Orange, and/or Red**=Time in MVPA Zone Minutes
 - 50 Minute Class-10 Minutes (Dressing)=**40 Minutes/Day**

5 DAYS:

Minutes/Week:	Percent:	Grade:
100+ Minutes/Week (20+ Minutes/Day)	<ul style="list-style-type: none"> • 50%+ Class Time in Yellow/Orange/Red 	A: 25/25
75-99 Minutes/Week (At Least 15 Minutes/Day)	<ul style="list-style-type: none"> • At Least 40% Class Time in Yellow/Orange/Red 	B: 20/25
50-74 Minutes/Week (At Least 10 Minutes/Day)	<ul style="list-style-type: none"> • At Least 30% Class Time in Yellow/Orange/Red 	C: 18/25
49 Minutes/Week or Below (9 Minutes/Day or Below)	<ul style="list-style-type: none"> • 29% or less Class Time in Yellow/Orange/Red 	F: 10/25



4 DAYS:

50/50: 80+ Minutes

40/50: 60-79 Minutes

35/50: 40-59 Minutes

20/50: 39 Minutes Or Below

3 DAYS:

50/50: 60+ Minutes

40/50: 45-59 Minutes

35/50: 30-44 Minutes

20/50: 29 Minutes Or Below

2 DAYS:

50/50: 40+ Minutes

40/50: 30-39 Minutes

35/50: 20-29 Minutes

20/50: 19 Minutes Or Below

1 DAY:

50/50: 20+ Minutes

40/50: 15-19 Minutes

35/50: 10-14 Minutes

20/50: 9 Minutes Or Below