

Heart Rate Monitor and MVPA Rubric: Vigorous Intensity Lessons

www.hearttechplus.com



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

5 DAYS:

Minutes/Week:	Percent:	Grade:
140+ Minutes/Week (28+ Minutes/Day)	<ul style="list-style-type: none"> • 70%+ Class Time in Yellow/Orange/Red • 30% Class Time in Blue/Green 	A: 25/25
100-139 Minutes/Week (At Least 20 Minutes/Day)	<ul style="list-style-type: none"> • At Least 50% Class Time in Yellow/Orange/Red • 50% Class Time in Blue/Green 	B: 20/25
65-99 Minutes/Week (At Least 13 Minutes/Day)	<ul style="list-style-type: none"> • At Least 32% Class Time in Yellow/Orange/Red • 68% Class Time in Blue/Green 	C: 18/25
64 Minutes/Week or Below (12:48 Minutes/Day or Below)	<ul style="list-style-type: none"> • 31% or less Class Time in Yellow/Orange/Red • 69%+ Class Time in Blue/Green 	F: 10/25



4 DAYS:

50/50: 112 + Minutes

40/50: 84-111 Minutes

35/50: 52-83 Minutes

20/50: 51 Minutes Or Below

3 DAYS:

50/50: 84+ Minutes

40/50: 64-83 Minutes

35/50: 40-63 Minutes

20/50: 39 Minutes Or Below

2 DAYS:

50/50: 56+ Minutes

40/50: 42-55 Minutes

35/50: 26-41 Minutes

20/50: 25 Minutes Or Below

1 DAY:

50/50: 28+ Minutes

40/50: 21-27 Minutes

35/50: 13-20 Minutes

20/50: 12 Minutes Or Below