



You will need: Mirror and a stopwatch/clock.

Pulse

BPM

You can find your pulse in your wrist or neck. Theeb will show you where to look and which fingers to use. Count the number for 30 seconds and multiply by 2. This gives you your heart rate – the number of times your heart beats per minute (bpm).

Breathing

Breaths per minute

Look at yourself in a mirror for 30 seconds and count how many times your chest goes in and out. Multiply this by 2 this gives you your breathing rate – the number of times you breathe per minute.

Eyes

Are they white? (yes or no)

Look at your eyes in a mirror. The whites of your eyes should be a brilliant white with no yellow.

Gums

Seconds to return to normal

Look at the inside of your mouth in a mirror (or get a friend to watch). Press on your gums. They will turn white/pale pink. Count how many seconds it takes for them to return to being pink.

Skin tension

Seconds to return to normal

Lightly pinch the skin on your arm. It will turn white. Count how many seconds it takes for it to return to your usual skin colour. Skin tension is a good indicator of how well hydrated you are.