

weekly exercise (hours) Heart Rate at rest

16	55
2	76
3	78
17	46
19	76
3	68
19	61
12	68
15	48
2	71
4	72
2	81
10	64
9	61
0	73
0	84
5	72
16	58
0	77
19	54
4	79
8	73
6	85
17	57
2	75
7	85
13	73
3	75
8	84
6	52
5	60
18	69
1	66
19	90
19	64
5	65
0	74
2	55
18	67
2	78
0	71
18	76
11	76
13	84
0	91