

ACTRA Pulse & Respiration Worksheet

HORSE# / NAME		Initial Pulse/Respiration		Halfway 1st check Pulse/Respiration <i>(taken any time before 10 minutes, no later than at 10 minutes, taken over 15 seconds)</i>		Halfway 2nd check Pulse/Respiration		Final Pulse/Respiration <i>(taken over 30 seconds, taken 20 minutes after finish time)</i>	
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									

Ride Date: _____

Ride
Miles: _____

Ride Name: _____

Halfway Parameters: _____

Halfway Hold Time: _____

ACTRA
1980
FOUNDED

