**A Guideline for Lab 2.3 Circulatory System – How to make a line graph**

1. Label the axes. Your x-axis will be time (minutes) and your y-axis will be heart and respiratory rate (beats/breaths per minute).
2. Determine an appropriate scale.
3. Choose 2 colours to represent your heart and resp rate.
4. Put these in the legend located on the right hand side of the graph.
5. Look at your data for one of the activities (ex. Heart rate).
   1. Plot your points. You will be plotting a total of 5 points for the activity:
      1. 0 min – resting heart rate prior to the activity
      2. 2 min – heart rate immediately after activity
      3. 3 min – heart rate 1 min after activity
      4. 5 min – heart rate 3 min after activity
      5. 7 min – heart rate 5 min after activity
   2. Connect your points using a ruler.
6. Repeat step #5 for the other activity.