

Hiking for a Healthy Heart
Pre/Post Survey
Answer Key

1. Which of these organs is part of your cardiovascular system?

Brain **Heart** Hand

2. When you exercise, your heartrate _____.

Increases Decreases Stays the same

3. Which is not a good place to take your pulse?

Wrist **Hand** Neck

4. I feel _____ ready to learn.

Not **Sort of** **Very** **– no right answer**

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Participant Number: _____

Pre or Post

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