🏃 Exercise Lab · Reflection

Biology A · Unit 5 · Level 2



Name: _____

📸 My photos / proof

☐ Data table ☐ BTB before and after

✅ Skills I used today (check all you did)

☐ ❤️ I measured breaths and heart rate

☐ 🟡 I timed the BTB

☐ 🥤 I used the straw safely

☐ 🤝 I did my role

⭐ What went up after exercise? Why?

1. _____
2. _____

Ideas: **breathing** **heart rate** **carbon dioxide** **cells need energy**

🔥 How is this evidence of cellular respiration?

1. _____
2. _____

Ideas: **CO2 out** **oxygen in** **more energy**