

Benjamin Holt
MTH 243

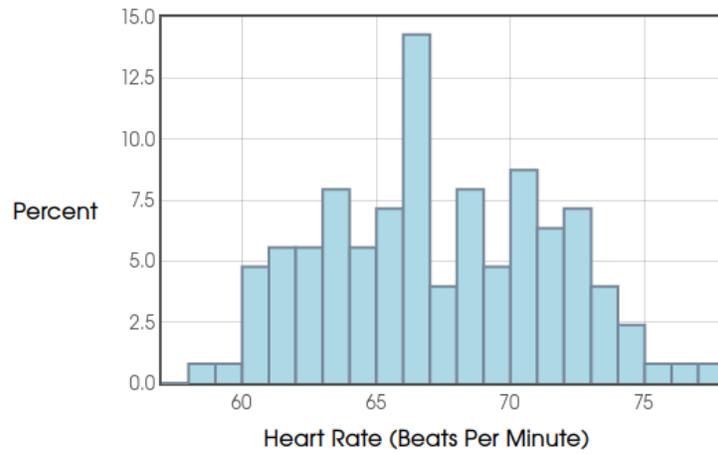
Week 6 Project Update

For my project I decided to estimate my mean heart rate by collecting data. Each day since the beginning of the course, I have been measuring my heart rate three times in the evening using an electronic heart rate monitor.

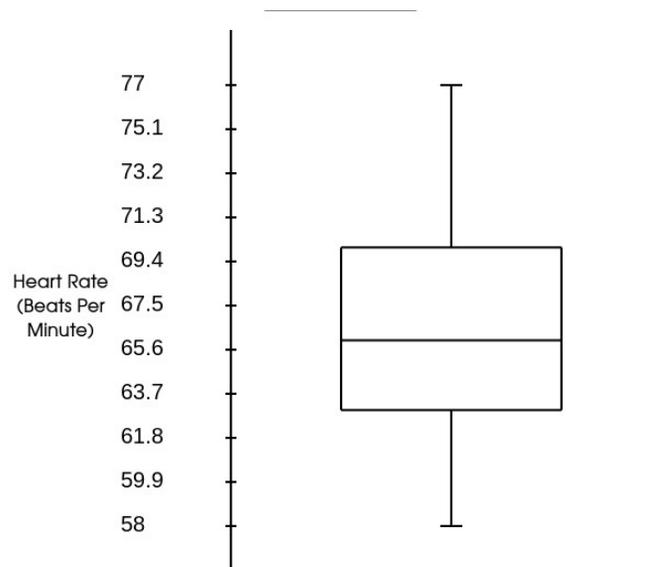
The six weeks of data I have so far are:

1 st Measurement	2 nd Measurement	3 rd Measurement
73	70	69
61	62	60
65	63	61
66	64	68
65	66	66
70	72	71
63	60	60
60	62	63
61	60	58
69	67	66
74	68	73
68	71	67
72	75	77
67	66	66
70	67	64
59	62	62
71	70	70
69	68	70
64	65	66
66	68	64
65	63	63
72	71	68
66	66	64
70	72	68
70	71	74
63	63	62
60	61	61
70	64	68
71	68	76
74	72	69
72	73	71
61	62	63
68	66	66
69	69	66
70	66	66
65	65	67
72	70	72
63	64	71
63	61	62
65	65	65
66	66	66
73	72	73

The following is a histogram of these data.



Below is a box plot of these data.



The following are the the summary statistics for these data.

Number of Data Points: $n = 126$
Mean: $\bar{x} = 66.8175$
Standard Deviation: $s = 4.1922$
Minimum: Min= 58
1st Quartile: $Q_1 = 63$
Median: $M = 66$
3rd Quartile: $Q_3 = 70$
Maximum: Max= 77

As seen from the above from our histogram, the distribution of the data continues to follow a roughly symmetric with no outliers. This statement is further substantiated by the fact that the mean and median and median are approximately equal.

I will continue to gather data as the term progresses with the aim of getting the best possible estimate of my true mean heart rate by the end of the term.