
Worksheet 8. My Trust / Watch / Ignore Table

Your own version of the table in Chapter 15, for your device and your situation. The first row is an example.

Number on my device	Kind	My verdict	Why (chapter)
<i>Resting heart rate</i>	<i>Measured</i>	<i>Trust</i>	<i>Steady, compare with my usual (4)</i>

Every week I look at: _____ I’ve hidden: _____