

# Heart and Respiratory Rate Chart



## How to Measure Heart Rate

*70-120 beats per minute*

Place your hand on your Cavaliers chest, using a stop watch, count the heart beats for 15 seconds, and then multiply the number of heart beats by four to get the beats per minute.

## How to Measure Resting / Sleeping Respiratory Rate

*18-34 – over 40 is an emergency*

Normal Respiratory rate is assessed when your Cavalier is asleep or resting in a quiet environment.

With a stop watch count the number of breaths (deep movements of the chest) for one minute. Do not attempt to count breaths when the dog is panting.

Exercise, excitement, stress and pain greatly increase the heart rate/respiratory rate significantly.

<i>Heart Rate</i>		
Date	Time	BPM

<i>Respiratory Rate</i>		
Date	Time	BPM