Beats in 15 Seconds	Beats-Per-Minute	Activity
x 4 =		**Sitting**
x 4 =		**Walk to another desk and sit down.**
x 4 =		**Jog in place for 30 seconds.**
x 4 =		**20 Jumping Jacks**
x 4 =		**Sit down for 30 seconds.**
x 4 =		**Dance for 1 minute.**
x 4 =		**Sit down for 30 seconds.**
x 4 =		