

In the Blink of an Eye

1. You take about 4,000 steps in 12 hours. About how many steps do you take in 8 days? Fill in the table. Look for a pattern.

Time	12 h	24 h	2 days	4 days	8 days
Number of Steps					

2. About how many steps do you take in a 30-day month? Explain how you found your answer.

3. You breathe about 10 times every 30 seconds. About how many times do you breathe in 10 hours? Fill in the table. Look for a pattern.

Time	30 sec	1 min	10 min	1 h	10 h
Number of Breaths					

4. Use the chart in Example 3 to estimate how many times you breathe in a day. Explain how you found your answer.

5. Your eyes blink about 150 times in 10 minutes. About how many times do you blink in 3 minutes? Fill in the table. Look for a pattern.

Time	10 min	5 min	4 min	3 min	2 min	1 min
Number of Blinks						

6. About how many times do your eyes blink every 30 seconds? Explain how the table you made can help you find the answer.
