



Cardio Log

Date

1

Walk Run Elliptical Bike Swim _____

duration		avg heart rate	
distance		heart rate zone	
start time		time in zone	
exertion	1 2 3 4 5 6 7 8 9 10	calories	

Goals

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-
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Route

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-
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notes

2

Walk Run Elliptical Bike Swim _____

duration		avg heart rate	
distance		heart rate zone	
start time		time in zone	
exertion	1 2 3 4 5 6 7 8 9 10	calories	

Goals

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-
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Route

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notes

