



# Cardio Log

Date

Walk  Run  Elliptical  Bike  Swim  \_\_\_\_\_

## HRM

duration

avg heart rate

heart rate zone

time in zone

calories

## Notes

## 1: \_\_\_\_\_

duration

distance

start time

calories

level

## 2: \_\_\_\_\_

duration

distance

start time

calories

level

## 3: \_\_\_\_\_

duration

distance

start time

calories

level

## Overall

exertion	1	2	3	4	5	6	7	8	9	10
energy level	1	2	3	4	5	6	7	8	9	10

## Goals

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

