



Cardio Log

Date _____

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

-
-
-
-
-
-

Route

-
-
-
-
-
-

notes

Walk Run Elliptical Bike Swim _____

HRM

duration	
avg heart rate	
heart rate zone	
time in zone	
calories	

1: _____

duration	
distance	
start time	
calories	
level	

2: _____

duration	
distance	
start time	
calories	
level	

3: _____

duration	
distance	
start time	
calories	
level	

Goals/Route

-
-
-
-

Overall/notes

exertion	1 2 3 4 5 6 7 8 9 10

