Exercise Log

Name:_____

Age: _____

Max Heart Rate (MHR = 220 - age):_____

Resting Heart Rate (RHR):_____

Target heart rate (THR):
(MHR - RHR) X 0.4 + RHR = THR

I.T. Zones: THR + 5 & THR - 5

Target Heart Rate:_____

I.T. Zones: _____ **&** _____

Date	Activity	Minutes	avg. heart rate	Stretch before/after	