Exercise/Aerobic Conditioning Log

Name: _____ Date: _____

Maximum Heart Rate 220-_____ (age)   X _____(50%, 60%, 80%) = Target Heart Rate

Beats/min_____   Beats/10 sec. _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1: type of exercise							
Time of day/ Length of exercise							
Resting Heart Rate							
Aerobic heart rate							
Comments							
Week 2: type of exercise							
Time of day/ Length of exercise							
Resting Heart Rate							
Aerobic heart rate							
Comments							
Week 3: type of exercise							
Time of day/ Length of exercise							
Resting Heart Rate							
Aerobic heart rate							
Comments							

Week 4: type of exercise							
Time of day/ Length of exercise							
Resting Heart Rate							
Aerobic heart rate							
Comments							
Week 5: type of exercise							
Time of day/ Length of exercise							
Resting Heart Rate							
Aerobic heart rate							
Comments							
Week 6: type of exercise							
Time of day/ Length of exercise							
Resting Heart Rate							
Aerobic heart rate							
Comments							