

Cardiorespiratory Training Log

(Note: Make additional copies as needed)

MAI			DATE	
In the spaces below ke	eep a record of your	exercise training r	orogram. Exercise	heart rate can be

In the spaces below keep a record of your exercise training program. Exercise heart rate can be recorded as the range of heart rates measured at various times during the training session. Use the comments section to record any useful information concerning your exercise session, such as weather conditions, time of day, how you felt, and so on.

Date	Activity	Warm-Up Duration	Exercise Duration	Cool-Down Duration	Exercise Heart Rate	Comments
	11		7 7	7.7		
						2-2-2
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