**Exercise Log**

Max HR (MHR = 220 – age):\_\_\_\_\_\_

Resting HR (RHR):\_\_\_\_\_\_

Target HR (THR = (MHR – RHR) x.04+RHR):\_\_\_\_\_\_

Day: Sun Mon Tue Wed Thu Fri Sat

Sleep (7-8hrs): ­­\_\_\_\_\_hrs

Calories (daily calories intake):\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Weight: \_\_\_\_\_lbs \_\_\_\_\_kg

Goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Starting Date: ­\_\_\_\_ / \_\_\_\_ / \_\_\_\_

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| **Date** | **Exercises (what)****activity** | **Weight (lbs)** | **Sets****(how much)** | **Time (how long) minutes** | **Rest****(minutes)** | **Stretch before/after** | **Calories Burned** | **Notes** |
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*Notes:*

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