# Cardiorespiratory Exercise Record Form

**Name_______________________________**  
**Body Weight_________**  
**Resting Heart Rate_________**  
**Target Training Zone________**

**Goals__________________________________________________________________________________________________________________________**

<table>
<thead>
<tr>
<th>Month:</th>
<th>Year:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Exercise Type</td>
</tr>
<tr>
<td>Date</td>
<td>Exercise Type</td>
</tr>
</tbody>
</table>

**Target Training Zones**

- **40% Low Intensity Training Zone**  
  \( (HRR \times 0.40) + RHR = \)  
- **60% Moderate Intensity Training Zone**  
  \( (HRR \times 0.60) + RHR = \)  
- **80% High Intensity Training Zone**  
  \( (HRR \times 0.80) + RHR = \)

**Key**

- \( \) MHR (Maximal Heart Rate) = 220-age
- \( \) HRR (Heart Rate Reserve) = MHR-RHR
- \( \) RHR (Resting Heart Rate) = taking pulse while relaxed for 1 min