Cardiorespiratory Exercise Record Form

Name_________________________________ Body Weight__________ Resting Heart Rate__________ Target Training Zone_________

Goals____

	Month:			Year:	
Date	Exercise Type	Distance	Duration	Heart Rate	Calories

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Date	Exercise Type	Distance	Duration	Heart Rate	Calories

Target Training Zones

40% Low Intensity Training Zone **(HRR x .40) + RHR =______bpm**

60% Moderate Intensity Training Zone **(HRR x .60) + RHR =______bpm**

80% High Intensity Training Zone **(HRR x .80) + RHR =______bpm**

Key

____ MHR (Maximal Heart Rate) = 220-age

____ HRR (Heart Rate Reserve) = MHR-RHR

____ RHR (Resting Heart Rate) = taking pulse while relaxed for 1 min