

CARDIO HEART RATE LOG

Max HR Template

Name: _____

Resting HR: _____ bpm

Target Zone: _____ bpm

Week Of: _____

DATE	ACTIVITY / TYPE	DURATION	AVG HR	PEAK HR	INTENSITY (1-10)
------	--------------------	----------	--------	------------	---------------------

Fat Burn (Zone 2)

60-70% of Max HR

Moderate pace, easy breath.

Aerobic (Zone 3)

70-80% of Max HR

Improved cardiovascular fitness.

Anaerobic (Zone 4)

80-90% of Max HR

High intensity, short bursts.

Calculation: $220 - \text{Age} = \text{Estimated Max Heart Rate}$