

HEART RATE RECOVERY (HRR) LOG

Month/Year: _____

Name: _____

Target Peak HR: _____

DATE	ACTIVITY TYPE	PEAK HR (A)	1-MIN HR (B)	RECOVERY (A-B)	NOTES
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How to measure: Immediately after stopping exercise, record your Peak HR. Wait exactly 60 seconds while resting and record your HR again. Subtract the 1-minute HR from your Peak HR to find your recovery score.

Score Guide: 12-20 bpm (Fair) | 20-30 bpm (Good) | 30-50+ bpm (Excellent) Ref: Clinical HRR Standards