

# HEART RATE ANALYSIS

Month/Year: \_\_\_\_\_

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

Resting Avg: \_\_\_\_\_

Target Zone: \_\_\_\_\_

DAY	TIME	BPM	TIME	BPM	ACTIVITY / NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

DAY	TIME	BPM	TIME	BPM	ACTIVITY / NOTES
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MONTHLY OBSERVATIONS

MAX HR \_\_\_\_\_

MIN HR \_\_\_\_\_

RECOVERY AVG \_\_\_\_\_

MONTHLY TREND Stable / Fluctuating