

HEART RATE RECOVERY LOG

NAME / DATE

ACTIVITY TYPE

Metric	BPM (Beats Per Minute)	Notes
Peak Heart Rate At end of exercise		
1-Minute Recovery 60 seconds post-stop		
2-Minute Recovery 120 seconds post-stop		
Total Drop (Peak minus 1-Min)		

FITNESS BENCHMARK (1-MINUTE DROP)

< 12 BPM

Poor / Consult MD

13 - 20 BPM

Average / Fair

20 - 40+ BPM

Good / Athletic

PROGRESS OBSERVATIONS