

AEROBIC ACTIVITY LOG

Name:

Month/Year:

DATE	ACTIVITY TYPE	DURATION	AVG HEART RATE	PEAK HEART RATE	NOTES / EFFORT (1-10)
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Target Heart Rate Reference

Moderate (50-70%) $(220 - \text{Age}) \times 0.60$ **Vigorous (70-85%)** $(220 - \text{Age}) \times 0.80$ **Max HR** $220 - \text{Age}$

Monthly Summary:

Total Minutes: _____

Goal Achieved: [] Yes [] No

Recovery Notes: