

CARDIO FITNESS TRACKER

MONTH: _____

GOAL: _____

DATE	ACTIVITY / TYPE	DURATION	INTENSITY (1-10)	AVG HEART RATE	NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

DATE	ACTIVITY / TYPE	DURATION	INTENSITY (1-10)	AVG HEART RATE	NOTES
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12

13

14

LISS: Low Intensity Steady State
 HIIT: High Intensity Interval Training
 RHR: Resting Heart Rate