

# CARDIAC EXERCISE MONITORING LOG

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

Age: \_\_\_\_\_

Max HR: \_\_\_\_\_

<b>Date</b>	<b>Activity / Type</b>	<b>Duration</b>	<b>Resting HR</b>	<b>Peak HR</b>	<b>Intensity Zone</b>
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## Target Reference Guide

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50-60% (Recovery)  
60-70% (Fat Burn)  
70-80% (Aerobic)  
80-90% (Anaerobic)

*Note: Consult with a physician before beginning any new high-intensity cardiovascular program. Formula:  $220 - \text{Age} = \text{Estimated Maximum Heart Rate}$ .*