



# Cardio Log

Date \_\_\_\_\_

#  Walk  Run  Elliptical  Bike  Swim  \_\_\_\_\_

duration		avg heart rate	
distance		heart rate zone	
start time		time in zone	
exertion	1 2 3 4 5 6 7 8 9 10	calories	

### Goals

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### Route

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### notes

\_\_\_\_\_

#  Walk  Run  Elliptical  Bike  Swim  \_\_\_\_\_

### HRM

duration	
avg heart rate	
heart rate zone	
time in zone	
calories	

### 1: \_\_\_\_\_

duration	
distance	
start time	
calories	
level	

### 2: \_\_\_\_\_

duration	
distance	
start time	
calories	
level	

### 3: \_\_\_\_\_

duration	
distance	
start time	
calories	
level	

### Goals/Route

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- 
- 
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### Overall/notes

exertion	1 2 3 4 5 6 7 8 9 10

