

Date	RESTING HR/BP	TREADMILL	ROWER	STAIRMASTER	ARC TRAINER	PRECOR	POST HR/BP	Total Time	Calories Burned
		MPH/Grade:	WATTS:	WATTS/Level:	Res./Incline: Watts/SPM:	Incline/Resistance: METS:			
		Time:	Time:	Time:	Time:	Time:			
		HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:			
		MPH/Grade:	WATTS:	WATTS/Level:	Res./Incline: Watts/SPM:	Incline/Resistance: METS:			
		Time:	Time:	Time:	Time:	Time:			
		HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:			
		MPH/Grade:	WATTS:	WATTS/Level:	Res./Incline: Watts/SPM:	Incline/Resistance: METS:			
		Time:	Time:	Time:	Time:	Time:			
		HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:			
		MPH/Grade:	WATTS:	WATTS/Level:	Res./Incline: Watts/SPM:	Incline/Resistance: METS:			
		Time:	Time:	Time:	Time:	Time:			
		HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:			
		MPH/Grade:	WATTS:	WATTS/Level:	Res./Incline: Watts/SPM:	Incline/Resistance: METS:			
		Time:	Time:	Time:	Time:	Time:			
		HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:			
		MPH/Grade:	WATTS:	WATTS/Level:	Res./Incline: Watts/SPM:	Incline/Resistance: METS:			
		Time:	Time:	Time:	Time:	Time:			
		HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:			
		MPH/Grade:	WATTS:	WATTS/Level:	Res./Incline: Watts/SPM:	Incline/Resistance: METS:			
		Time:	Time:	Time:	Time:	Time:			
		HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:			
		MPH/Grade:	WATTS:	WATTS/Level:	Res./Incline: Watts/SPM:	Incline/Resistance: METS:			
		Time:	Time:	Time:	Time:	Time:			
		HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:	HR/RPE:			

Suggestion: Choose 2-3 exercises and maintain your target heart rate (THR) for 15-45 minutes, 3 days per week.

Goal Calories for : Week 1: _____ Week 2: _____ Week 3: _____ Week 4: _____ Week 5: _____ Week 6: _____

Dates: _____ Dates: _____ Dates: _____ Dates: _____ Dates: _____ Dates: _____

Limitations: _____ Meds: _____