Cardiorespiratory Training Log

Purpose:
The purpose of this log is to provide a record of progress in building cardiorespiratory fitness or endurance.

Directions:
In the spaces below keep a record of your exercise training program. Exercise heart rate can be recorded as the range of heart rates measured at various times during the training session. Use the comments section to record any useful information concerning your exercise bout such as weather conditions, time of day, how you felt, etc.

Date	Activity	Warm-up Duration	Exercise Duration	Cool-down Duration	Exercise Heart Rate	Comments