Click here for target heart rate calculator

Fort HealthCare HEALTH 365

Aerobic Activity Log

Don't forget to warm-up/stretch and cool-down/stretch!

Wear appropriate footwear!

Keep hydrated!

My goal is _____(minutes/miles) per day/week.

Rating of Perceived Exertion (RPE)	
6	No exertion at all
7	
	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Vey hard
18	
19	Extremely hard
20	Maximal exertion

Date	Type of Activity	Duration (minutes)	Intensity *(RPE)	Heart Rate	Comments