

Printable Cardio Workout Log

Lower Heart Rate Limit				Upper Heart Rate Limit				
WLC	Day 2	Day 4	Day 9	Day 11	Day 16	Day 18	Day 23	Day 25
Workout #	A	B	C	A	B	C	A	B
Date								
Time								
Activity								
Duration								
Calories Burned								
Avg Heart Rate								
WLC	Day 30	Day 32	Day 37	Day 39	Day 44	Day 46	Day 51	Day 53
Workout #	C	A	B	C	A	B	C	A
Date								
Time								
Activity								
Duration								
Calories Burned								
Avg Heart Rate								