



INDIVIDUAL WORKOUT LOG

Name _____ Date _____

List today's date in the left blank in the log. Record your heart rate after each round in the columns indicated. In the column next to the heart rate, indicate whether you are in your target heart rate zone or not. The first row is filled in as an example.

Date	Lap 1 HR	In zone?	Lap 2 HR	In zone?	Lap 3 HR	In zone?
2/4/11	110	below	145	yes	180	above