

CARDIO TRAINING LOG				
<i>Activity / Date</i>				
WALKING	Time:			
	Distance / Workload			
	Heart Rate			
BRISK WALKING	Time:			
	Distance / Workload			
	Heart Rate			
RUNNING	Time:			
	Distance / Workload			
	Heart Rate			
ROWING	Time:			
	Distance / Workload			
	Heart Rate			
SWIMMING	Time:			
	Distance / Workload			
	Heart Rate			
STEP MACHINE	Time:			
	Distance / Workload			
	Heart Rate			
ELLIPTICAL TRAINER	Time:			
	Distance / Workload			
	Heart Rate			
STATIONARY BIKE	Time:			
	Distance / Workload			
	Heart Rate			
BIKING	Time:			
	Distance / Workload			
	Heart Rate			
OTHER	Time:			
	Distance / Workload			
	Heart Rate			
COMMENTS				