

Weekly Aerobic Exercise Log

S.M.A.R.T. Goal:

| Day | Resting Heart Rate | Resting RPE | Type of Exercise | Total Duration of Exercise | Post Exercise Heart Rate | Post Exercise RPE | Post Cool Down Heart Rate | Comments |
|--|--------------------|-------------|------------------------|----------------------------|--------------------------|-------------------|---------------------------|------------------|
| <i>e.g. Mon Sept 20th</i> | <i>65</i> | <i>6</i> | <i>Walking outside</i> | <i>30 minutes</i> | <i>125</i> | <i>12</i> | <i>85</i> | <i>Felt Good</i> |
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*Resting HR and RPE should be measured prior to exercise, after sitting comfortably for at least 5 minutes.

**Post Exercise HR and RPE should be measured as soon as you finish your peak exercise, but before cool-down.

Weekly Summary:
