WVU Medicine
THE WELLNESS CENTER

http://wellness.wvumedicine.org 304-293-2520

CARDIOVASCULAR WORKOUT LOG

NAME _____

Target Heart Rate _____

DATE	ACTIVITY	Total Time	Setting 1	Setting 2	Peak heart rate	RPE	Minutes: Warm-up, ZONE, Cool-down			Calories	Blood Pressures	

NOTES _____

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STRENGTH LOG

NAME: _____

EXERCISE	NOTES	WT	Sets / Reps	WT	Sets / Reps	WT	Sets / Reps	WT	Sets / Reps	WT	Sets / Reps	WT	Sets / Reps

NOTES_____

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