

Cardio Tracking Log

- (MHR) Maximal Heart Rate (220-age) = _____
MHR Rate x 65% = _____
MHR Rate x 85% = _____

General **Target Heart Rate** Range = _____ - _____

(RHR) Resting Heart Rate = _____

- (HRR) Heart Rate Reserve (MHR-RHR=HRR)
= _____

- Target Heart Rate Range 65% = _____

$(\text{Heart Rate Reserve} \times 0.65) + (\text{Resting Heart-Rate}) = \text{Low}$
Range of **Target Heart Rate**

- Target Heart Rate Range 85% = _____

$(\text{Heart Rate Reserve} \times 0.85) + (\text{Resting Heart-Rate}) = \text{High}$
Range of **Target Heart Rate**

- One Mile Time (1MT) = _____
- Timed Distance (TD)
Completion Heart Rate (HR1) = _____
- TD Completion Heart Rate-
After 2 minutes of rest (HR2) = _____