



# Exercise Record

**Precautions:**

\_\_\_\_\_

UR Number: \_\_\_\_\_

Surname: \_\_\_\_\_

Given Name: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F

Date:								
Est Max HR:								
Target Intensity:								
_____ %HRR/HRmax								

# Exercise Record

## Precautions:

\_\_\_\_\_

UR Number: \_\_\_\_\_

Surname: \_\_\_\_\_

Given Name: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F

DRAFT