Exercise Record

Precautions:

_____

UR Number: _____

Surname: _____

Given Name: _____

Date of Birth: _____/_____/_____ Sex: M / F

DRAFT

Exercise Record

Precautions:

_____

UR Number: _____

Surname: _____

Given Name: _____

Date of Birth: _____/_____/_____ Sex: M / F

		Date:							
Est Max HR: _____ Target Intensity: _____ _____ %HRR/HRmax	**Bike Seat no** **Level _____** **Time _____**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**
	Treadmill: **Speed_____** **Incline_____** **Time _____**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**
Exercise	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**

DRAFT

Exercise Record

Precautions:

UR Number: _____

Surname: _____

Given Name:

/designation								
nts:								

DRAFT

Exercise Record

Precautions:

_____

UR Number: _____

Surname: _____

Given Name: _____

Date of Birth: _____/_____/_____ Sex: M / F

	Date:							
Est Max HR: _____ Target Intensity: _____ _____ %HRR/HRmax	**Bike Seat no** **Level _____** **Time _____**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**	**Bike** **RPM:** **Time:** **Borg: HR:** **Lv:**
	Treadmill: **Speed_____** **Incline_____** **Time _____**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**	**Treadmill** **Speed:** **Incline:** **Borg: HR:** **Time:**
Exercise	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**	**Weight/Reps**

DRAFT

Exercise Record

Precautions:

UR Number: _____

Surname: _____

Given Name:

Initials/designation								
Comments:								

DRAFT