

<b>CARDIO TRAINING LOG</b>				
<i>Activity / Date</i>				
<b>WALKING</b> Time:				
Distance / Workload				
Heart Rate				
<b>BRISK WALKING</b> Time:				
Distance / Workload				
Heart Rate				
<b>RUNNING</b> Time:				
Distance / Workload				
Heart Rate				
<b>ROWING</b> Time:				
Distance / Workload				
Heart Rate				
<b>SWIMMING</b> Time:				
Distance / Workload				
Heart Rate				
<b>STEP MACHINE</b> Time:				
Distance / Workload				
Heart Rate				
<b>ELLIPTICAL TRAINER</b> Time:				
Distance / Workload				
Heart Rate				
<b>STATIONARY BIKE</b> Time:				
Distance / Workload				
Heart Rate				
<b>BIKING</b> Time:				
Distance / Workload				
Heart Rate				
<b>OTHER</b> Time:				
Distance / Workload				
Heart Rate				
<b>COMMENTS</b>				