## Weekly Aerobic Exercise Log

### S.M.A.R.T. Goal:

____________________________________________________________________________________________________________
____________________________________________________________________________________________________________
____________________________________________________________________________________________________________
____________________________________________________________________________________________________________

<table>
<thead>
<tr>
<th>Day</th>
<th>Resting Heart Rate</th>
<th>Resting RPE</th>
<th>Type of Exercise</th>
<th>Total Duration of Exercise</th>
<th>Post Exercise Heart Rate</th>
<th>Post Exercise RPE</th>
<th>Post Cool Down Heart Rate</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g. Mon Sept 20th</td>
<td>65</td>
<td>6</td>
<td>Walking outside</td>
<td>30 minutes</td>
<td>125</td>
<td>12</td>
<td>85</td>
<td>Felt Good</td>
</tr>
</tbody>
</table>

*Resting HR and RPE should be measured prior to exercise, after sitting comfortably for at least 5 minutes.

**Post Exercise HR and RPE should be measured as soon as you finish your peak exercise, but before cool-down.

### Weekly Summary:

____________________________________________________________________________________________________________
____________________________________________________________________________________________________________
____________________________________________________________________________________________________________
____________________________________________________________________________________________________________