**NAME:**_____

**Training Heart Rate:**_____

**Cardio:** **Frequency:** _____

**Intensity:** _____

**Time:** _____

| | Year: / Mo./Day | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Body Weight | | | | | | | | | | | | | | | |
| | Resting Heart Rate | | | | | | | | | | | | | | | |
| | Resting Blood Pressure | | | | | | | | | | | | | | | |
| | Exercise Heart Rate | | | | | | | | | | | | | | | |
| | Exercise Blood Pressure | | | | | | | | | | | | | | | |
| | Cool-Down Blood Pressure | | | | | | | | | | | | | | | |
| Bike | Distance | | | | | | | | | | | | | | | |
| | Duration | | | | | | | | | | | | | | | |
| | Total Calories | | | | | | | | | | | | | | | |
| Elliptical | Duration | | | | | | | | | | | | | | | |
| | Incline / Resistance | | | | | | | | | | | | | | | |
| | Total Calories | | | | | | | | | | | | | | | |
| Treadmill | Distance | | | | | | | | | | | | | | | |
| | Duration | | | | | | | | | | | | | | | |
| | Speed / Elevation | | | | | | | | | | | | | | | |
| | Total Calories | | | | | | | | | | | | | | | |
| Stairs | Duration | | | | | | | | | | | | | | | |
| | Flights | | | | | | | | | | | | | | | |
| | Total Calories | | | | | | | | | | | | | | | |
| Row | Duration | | | | | | | | | | | | | | | |
| | Distance | | | | | | | | | | | | | | | |
| | Total Calories | | | | | | | | | | | | | | | |
| Other | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Daily Caloric Expenditure | | | | | | | | | | | | | | | | |
| Staff / Participant Discussion | | | | | | | | | | | | | | | | |

# STRENGTH TRAINING

**Name:** _____

| **Year:** | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** | **Wt/Rep** |
| **Exercise** | **Adjustments:** | | | | | | | | | | | | | | |
| **LEGS** | | | | | | | | | | | | | | | |
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| **BACK** | | | | | | | | | | | | | | | |
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| **CHEST** | | | | | | | | | | | | | | | |
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| **SHOULDERS** | | | | | | | | | | | | | | | |
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| **ARMS** | | | | | | | | | | | | | | | |
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| **Core/Balance** | | | | | | | | | | | | | | | |
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| **Reactive/Speed/Agility** | | | | | | | | | | | | | | | |
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