

MY EXERCISE CHART



Your resting heart rate: _____

	SUN	MON	TUE	WED	THU	FRI	SAT
Exercise Type							
Number of Minutes							
Heart Rate*							
Recovery Rate**							

* Heart Rate- beats per minute immediately after exercising

** Recovery Rate- how long it takes for your heart rate to return to normal.

Girls Inc. - Inspiring all girls to be strong, smart, and bold!