

Aerobic Workout Journal

LockOnFitness.com™

Date: ____ / ____ / ____

Start Time: ____ : ____ am pm

Exercise: _____

Distance: ____ . ____ miles km

	<u>Time</u>		<u>Points</u>
Zone 1	____ : ____	X 1 =	_____
Zone 2	____ : ____	X 2 =	_____
Zone 3	____ : ____	X 3 =	_____
Zone 4	____ : ____	X 4 =	_____
Zone 5	____ : ____	X 5 =	_____
Total Time:	____ : ____		Total Points: _____

Calories Burned: _____

Two-Minute Heart Rate Recovery (bpm): _____

Stretched: Before After

Workout Quality Rating: 1 2 3 4 5 6 7 8 9 10

Temperature: Cold

Humidity: Dry

Sky: Clear

Chilly

Medium

Partly Cloudy

Cool

Moderately High

Overcast

Warm

High

Light Rain/Snow

Hot

Extreme

Heavy Rain

Notes / Adjustments: