

# Aerobic Workout Log

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: