# CARDIO LOG

## April 2013

NAME: _____

EMAIL: _____

EMPLOYER: _____

DEPARTMENT: _____

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

### Cardio Log Instructions:

- Check off one for each 20 minutes of cardiovascular exercise you complete.
- The goal of the challenge is to be able to complete 150 minutes of moderate cardiovascular exercise or 75 minutes of vigorous exercise per week – **preferably spread throughout the week**.
- Calculate your target heart rate to determine your appropriate level of exercise intensity here.

Submit your completed Cardio Log by **May 7** to the Wellness Coordinator

**Email:** michael.difilippo@healthsmart.com **Fax:** (907) 297-7365

**Remember to consult with your physician before changing your health habits. Good Luck!**

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