

**Cardiovascular Training:** This includes aerobic, continuous rhythmic exercise, such as walking, running, climbing steps, rowing, or cross-country skiing. For the best results, intensity should be at your Training Heart Rate, between 65% and 85% of your Sub maximal Heart Rate. Always allow the last few minutes to cool down.

Activity	Date	Duration	Level	Distance	AHR*	RPE**	Kcal

Rate of Perceived Exertion	
Rest	6
Very, Very Light	7
	8
Very Light	9
	10
Fairly Light	11
	12
Somewhat Hard	13
	14
Hard	15
	16
Very Hard	17
	18
Very, Very Hard	19
Total Exhaustion	20

\* Average Heart Rate    \*\* Rate of Perceived Exertion