

CIDA Fitness – Heart Rate Tracking Log (4 Weeks)

Post-Rehab Cardio & Strength Program

www.cidafitness.com

Week 1

Date	Activity	Duration	Avg HR	Zone	Notes

Safety: Stay mostly in the Fat-Burning and Aerobic Zones. Stop if you feel dizziness, chest pain, or unusual shortness of breath. Hydrate well.

Week 2

Date	Activity	Duration	Avg HR	Zone	Notes

Safety: Stay mostly in the Fat-Burning and Aerobic Zones. Stop if you feel dizziness, chest pain, or unusual shortness of breath. Hydrate well.

Week 3

Date	Activity	Duration	Avg HR	Zone	Notes

Safety: Stay mostly in the Fat-Burning and Aerobic Zones. Stop if you feel dizziness, chest pain, or unusual shortness of breath. Hydrate well.

Week 4

Date	Activity	Duration	Avg HR	Zone	Notes

Safety: Stay mostly in the Fat-Burning and Aerobic Zones. Stop if you feel dizziness, chest pain, or unusual shortness of breath. Hydrate well.