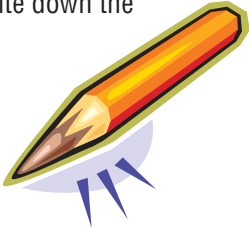


Session 20 – Right on Target

Activity:

Calculate your target heart rate zone. Once calculated track your heart rate this week during any physical activity. Write down the maximum heart rate achieved.

Weekly Log: Maximum Heart Rate



	Type of Physical Activity	Maximum Heart Rate
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

