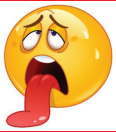


Name  Month & Year

	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	31		
																																	
<b>Level 4</b> EXHAUSTION																																	
<b>Level 3</b> Sudden increase in breathing-rate and you cannot talk																																	
<b>Begin Anaerobic</b>																																	
<b>Level 2</b> Obvious increase in breathing rate; pausing between phrases to take an extra breath																																	
<b>Begin Aerobic</b>																																	
<b>Level 1</b> Increase in breathing rate, but you can converse																																	
<b>Resting/Pause</b>																																	
	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	31		

Total Minutes

Instructions: If you include a level of intensity, check the box for that level; enter the total minutes for the day. Month total: The middle row of boxes at Level 3 is for recording the estimated number of workout minutes at that intensity.