Aerobic Exercise Program Record

Date	Activity	Duration	Other Measure? eg. Distance ran	Difficulty Rating (See footnote)

Footnote on Difficulty Rating:

1 Very Easy: No effort at all.
2 Easy: Sustainable exercise - small increase in heart and breathing rate.
3 Moderate: heart rate increases to 60-70% of maximum. Can still talk, but with altered speech patterns.
4 Hard: heart rate increases to 80-90% of maximum. Speech interrupted by breathing. Heavy sweat.
5 Very Hard: Can't talk during exercise, feel nausious.

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