

FORM 6.3 Recovery Heart Rate Progress Chart

Recovery heart rate (15 s \times 4 = beats/min)	150	
	145	
	140	
	135	
	130	
	125	
	120	
	115	
	110	
	105	
	100	
	95	
	90	
	85	
	80	
	75	
		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
	Workout number and date	

At a standardized time (e.g., 1 min or 3 min) of recovery, mark your heart rate for each workout in the table.

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).