

Name: _____

Step 10: Measure Your Improvement and Track Your Progress

This last step in the HZT progression is where you get to see your improvement in real numbers. Using the following Heart Rate Improvement worksheet, you will quantify your improvement by tracking your progress over the course of several weeks.

Date						Comments/summary
Ambient heart rate						
Delta heart rate						
Recovery heart rate						
Maximal heart rate Submaximal test (identify the test used for the measure)						
Sleep (hours)						
Breakfast/lunch eaten (yes or no)						
Exercise (total in min)						
Relationships with others (positive or negative)						
Tests and projects (any major assignments due?)						
Completed assignments (i.e., no longer adding to stress level)						
Medications						
Stimulants (e.g., caffeine)						
Smoking (yes or no)						
Mood on a scale of 1 to 10						