

# SAMPLE COMPLETED HEART ZONES EDUCATION LOG PAGE

Date	Sport or activity	Distance	Time	TIME IN ZONE					Workout benefits	Ambient heart rate	Rating	H2T points
				Z1	Z2	Z3	Z4	Z5				
3/15	Swim	1,000 m	30 min	3 min	15 min	12 min	—	—	Fitness	62	B	69
3/16	Run	2 mi (3.2 km)	30 min	—	10 min	20 min	—	—	Fitness			80
	Swim	1,500 m	1:06	6 min	30 min	30 min	—	—	Performance	61	B	156
3/17	Rest day											
3/18	Bike	18 mi (29 km)	1:21	—	9 min	41 min	25 min	6 min	Health	62	B+	271
3/19	Run	5 mi (8 km)	50 min	10 min	12 min	28 min	—	—	Fitness	—	A	118
3/20	Bike	20 mi (32 km)	1:15	—	15 min	60 min	—	—	Fitness	63	A	210
3/21	Run	6 mi (9.7 km)	55 min	—	15 min	30 min	10 min	—	Performance	60	A	160
									<b>TOTALS</b>	62	A–	1,064
<b>Weekly summary</b>	Swim	2,500 m	1:36	9 min	45 min	42 min	—	—				225
	Bike	38 mi (61 km)	2:36	—	24 min	1:41	25 min	6 min				481
	Run	13 mi (21 km)	2:15	10 min	37 min	1:18	10 min					358
<b>Year-to-date summary</b>												
Notes: I am really enjoying this class. I'm getting fitter!												
I want to make time to stretch more. I did stretching 5x this week!												