

Name: \_\_\_\_\_

**Step 9: Log the Workout**

In this step, you record the details of your workout in your Heart Zones Education Log. A sample log page is provided for you to practice entering your workout after class today. Start by listing the activity of the workout, or if you do a HZ workout you can enter it by name. Then, estimate the minutes you spent in each zone. Figure your HZT points by multiplying the zone numbers by the number of minutes spent in the zones. Also, describe the fitness and health benefits of this workout, and include comments that may have impacted your workout (hungry, just getting over a cold, etc.).

**MY WORKOUTS**

Date	activity or HZ workout	Distance	Time (min)	TIME IN ZONE (MIN)					Workout benefits	Ambient heart rate (bpm)	Rating (A-C)	HZT points	Comments
				Z1	Z2	Z3	Z4	Z5					
3/15	Swim	1000 m	30	3	15	12			Fitness	62	B	69	