

supermove cardio log[™]

NAME _____

PROGRAM TYPE **CARDIO LOG**

EQUIPMENT	DATE											
TREAD MILL	LEVEL / TIME											
	DISTANCE											
	HR / CAL											
	SPEED											
CROSS TRAINER	LEVEL / TIME											
	DISTANCE											
	HR / CAL											
	SPEED											
STEPPER	LEVEL / TIME											
	DISTANCE											
	HR / CAL											
	SPEED											
OUTDOOR RUN/WALK	LEVEL / TIME											
	DISTANCE											
	HR / CAL											
	SPEED											
SPIN / CLASS / CIRCUIT	LEVEL / TIME											
	DISTANCE											
	HR / CAL											
	SPEED											
ROWER	LEVEL / TIME											
	DISTANCE											
	HR / CAL											
	SPEED											