ActivePT - Exercise Tracking Log - CARDIO

Name:

	Date:			Date:			Date:			Date:			Date:		
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Minutes or distance															
Level: 1st time/day															
Level: 2nd time/day															
Level: 3rd time/day															

	Date:			Date:			Date:			Date:			Date:		
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Weight or band level															
Repetitions: 1st time/day															
Repetitions: 2nd time/day															
Repetitions: 3rd time/day															

	Date:			Date:			Date:			Date:			Date:		
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Weight or band level															
Repetitions: 1st time/day															
Repetitions: 2nd time/day															
Repetitions: 3rd time/day															

	Date:			Date:			Date:			Date:			Date:		
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Weight or band level															
Repetitions: 1st time/day															
Repetitions: 2nd time/day															
Repetitions: 3rd time/day															

	Date:			Date:			Date:			Date:			Date:		
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Weight or band level															
Repetitions: 1st time/day															
Repetitions: 2nd time/day															
Repetitions: 3rd time/day															