

Aerobic Log for John Sample

Date	Activity	Time	Calorie	Points	Distance	RHR	HR	RPE
11/10/03	Bicycling (High)	30	407	23	0.00	0	0	0
11/8/03	Aerobics (Low)	30	193	10	0.00	0	0	0
11/6/03	Bicycling (on road) (Very Low)	30	155	7	0.00	0	0	0
11/5/03	Bicycling (on road) (Low)	30	232	12	0.00	0	0	0
11/4/03	Bicycling (on road) (Very High)	30	465	27	0.00	0	0	0
11/3/03	Bicycling (on road) (High)	30	387	22	0.00	0	0	0
11/2/03	Bicycling (on road) (High)	30	387	22	0.00	0	0	0
10/31/03	Bicycling (on road) (Very High)	30	465	27	0.00	0	0	0
10/29/03	Bicycling (on road) (Very High)	30	465	27	0.00	0	0	0

Summary Data:

	Time	Calories (Lbs)	Points	Distance	Avg HR	Avg RPE
Last Month:	210	2,226 (0.6)	123	0.00	0	0
This Month:						
Total to Date:	270	3,156 (0.9)	177	0.00	0	0