**Heart Rate Information**

It is important to calculate all of the heart rate information requested in the chart below. Use the information provided in the formula column to determine your numbers in the last column. Since you should stay within your target heart range for at least twenty minutes when you exercise, be sure to take note of the Target Heart Rate calculations. According to the American Heart Association (2016), your target heart rate should fall between fifty percent and eight-five percent of your maximum heart rate. **Moderate intensity** indicates fifty percent to sixty-nine percent of your maximum heart rate. **High intensity** shows seventy percent to eighty-five percent of your maximum heart rate. It is okay for you to dip into high intensity activity, but you should not stay there too long. It is designed for cardiovascular training, but for a more serious athlete.

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Formula** | **Your Numbers** |
| 1 | Determine your resting heart rate. | Rest for at least 20 minutes, and then take your pulse. |  |
| 2 | Determine your Maximum Heart Rate (MHR). | (220 - age) |  |
| 3 | Moderate Intensity Target Heart Rate | MHR x .50 to MHR x .69 |  |
| 4 | High Intensity Target Heart Rate | MHR x .70 to MHR x .85 |  |

**Activity Reflection**

Once you have completed your activity log for the week, you should answer the following questions about your physical activity experiences. Be sure to answer each of the questions completely, including:

* Did you like the activity you chose to complete for this fitness log? Why or why not?
* Would you participate in the activity again? Why or why not?
* How did you feel before the activity?
* How did you feel during the activity?
* How did you feel ten minutes after the activity?
* How did your daily caloric intake impact your physical activity this week?
* Any additional information:

**Activity Log**

In the chart below, record all of the requested details about your physical activity completion.Your goal is to complete a total of 420 minutes of activity throughout the week at a pace of sixty minutes of exercise each day. Your physical activity should include a variety of aerobic exercise, muscle strengthening activities, and bone strengthening activities. During each aerobic exercise, you should maintain your target heart rate for at least twenty minutes.

You can use an exercise tracking device or system like a gaming console, watch, wristband, pedometer, mobile application, or a software program. Make sure that you indicate on the chart below which exercise tracking system you use and save the information/data from each workout.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date | Length of Activity (in minutes) | Activity Description | Time of Day Activity Was Performed | Time In Target Heart Rate Intensity Level | Method of Heart Rate Monitoring | Use of  Exercise Tracking Technology  Yes/No |
| Sunday |  |  |  |  |  |  |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |
| Total Activity Time |  |  | | | | |