

# MAY 2019

Log 20 days of CARDIOVASCULAR EXERCISE (at least 15 minutes/session.)  
 Complete this log sheet and submit to Mandi Artino.

\*Cardiovascular exercise is done by increasing your heart rate for at least 15 minutes. This can include walking, exercise classes, bicycling, swimming, etc.

NAME \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Type of Exercise _____ Length of Time _____	2 Type of Exercise _____ Length of Time _____	3 Type of Exercise _____ Length of Time _____	4 Type of Exercise _____ Length of Time _____
5 Type of Exercise _____ Length of Time _____	6 Type of Exercise _____ Length of Time _____	7 Type of Exercise _____ Length of Time _____	8 Type of Exercise _____ Length of Time _____	9 Type of Exercise _____ Length of Time _____	10 Type of Exercise _____ Length of Time _____	11 Type of Exercise _____ Length of Time _____
12 Type of Exercise _____ Length of Time _____	13 Type of Exercise _____ Length of Time _____	14 Type of Exercise _____ Length of Time _____	15 Type of Exercise _____ Length of Time _____	16 Type of Exercise _____ Length of Time _____	17 Type of Exercise _____ Length of Time _____	18 Type of Exercise _____ Length of Time _____
19 Type of Exercise _____ Length of Time _____	20 Type of Exercise _____ Length of Time _____	21 Type of Exercise _____ Length of Time _____	22 Type of Exercise _____ Length of Time _____	23 Type of Exercise _____ Length of Time _____	24 Type of Exercise _____ Length of Time _____	25 Type of Exercise _____ Length of Time _____
26 Type of Exercise _____ Length of Time _____	27 Type of Exercise _____ Length of Time _____	28 Type of Exercise _____ Length of Time _____	29 Type of Exercise _____ Length of Time _____	30 Type of Exercise _____ Length of Time _____	31 Type of Exercise _____ Length of Time _____	