

Heart Rate Monitor Log

SPARK Physical Education

Name: _____

Date: _____

SPARK Unit: _____

Class: _____

Personal Heart Rate Zone Information

Max HR = $208 - (.7 \times \text{your age})$

Zone 1 (Healthy Heart 50% – 60%)	
Zone 2 (Temperate 60% – 70%)	
Zone 3 (Aerobic 70% – 80%)	
Zone 4 (Threshold 80% – 90%)	
Zone 5 (Red Line 90% – 100%)	
Ambient Heart Rate Reading	

Activity Average Heart Rate Assessment

Activity #1 Name		
Reading 1:	Reading 2:	Reading 3:
Total of 3 Readings		
Average of 3 Readings		
Activity #2 Name		
Reading 1:	Reading 2:	Reading 3:
Total of 3 Readings		
Average of 3 Readings		
Activity #3 Name		
Reading 1:	Reading 2:	Reading 3:
Total of 3 Readings		
Average of 3 Readings		

Recovery Rate Assessment

Activity Name	
Peak Heart Rate	
1-Minute HR Recovery Rate	
Recovery Rate Assessment (Peak – 1-Min HR Recovery Rate)	