

## Cardio Training Activity Log

Day of Week	Total Time	Avg. Heart Rate	Intensity Level (Light, Moderate or Vigorous)	Type of Exercise	Notes
Mon.					
Tues.					
Wed.					
Thur.					
Fri.					
Sat.					
Sun.					

## Determining Target Heart Rate (HR)

The figures are averages, so use them as a general guide.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

### Intensity Level

**Light:** Less than 50% of avg. max. HR

**Moderate:** Between 50 – 75% of avg. max. HR

**Vigorous:** 70 – 85% of avg. max. HR

Sources: [American Heart Association](#), [Mayo Clinic](#)



## Determining Rating of Perceived Exertion

The Borg Rating of Perceived Exertion (RPE) is a way of [measuring physical activity intensity](#) level. Perceived exertion is how hard you feel like your body is working. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating and muscle fatigue.

<b><u>Rating of Perceived Exertion Borg RPE Scale</u></b>		
6	No exertion at all	
7	Very, very light	
8		Little to no effort.
9	Very light	<i>You can hold a conversation with ease</i>
10		
11	Fairly light	
12		
13	Somewhat hard	<b>Moderate Physical Activity.</b>
14	Hard	<i>You can talk but not sing</i>
15		
16		<b>Vigorous Physical Activity.</b>
17	Very hard	<i>You will not be able to say more than a few words without having to pause for a breath</i>
18	Very, very hard	
19		
20	Maximum exertion	Advised not to work in this range

Source: <https://www.cdc.gov/physicalactivity/basics/measuring/exertion.htm>