Fitness By Dot

Dot Spaet
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Activity Log

Name:
Age:
Date:

Target Heart Rate Range	minute	seconds
60% of your max. heart rate		
70% of your max. heart rate		
80% of your max. heart rate		

Activity		**1**	2	3	4	5	6	7	**8**	9	10	11	12	13	14	**15**	16	17	18	19	20	21	**22**	23	24	25	26	27	28	**29**	30	31