

NAME:

STUDY ID:

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Week Number							
Target Heart Rate							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>November 2007</b>						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	11/19/2007	11/20/2007	11/21/2007	11/22/2007	11/23/2007	11/24/2007	11/25/2007
Week Number 5							
Target Heart Rate 140-150							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC \_\_\_\_\_

STUDY ID: 1881 \_\_\_\_\_

<b>November/December 2007</b>							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	11/26/2007	11/27/2007	11/28/2007	11/29/2007	11/30/2007	12/01/2007	12/02/007
Week Number 1							
Target Heart Rate 129-139							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

<b>December 2007</b>							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12/02/2007	12/03/2007	12/04/2007	12/05/2007	12/06/2007	12/07/2007	12/08/2007
Week Number 2							
Target Heart Rate 129-139							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

<b>December 2007</b>							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12/09/2007	12/10/2007	12/11/2007	12/12/2007	12/13/2007	12/14/2007	12/15/2007
Week Number 3							
Target Heart Rate 129-139							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>December 2007</b>						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12/16/2007	12/17/2007	12/18/2007	12/19/2007	12/20/2007	12/21/2007	12/22/2007
Week Number 4							
Target Heart Rate 129-139							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>December 2007</b>						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12/23/2007	12/24/2007	12/25/2007	12/26/2007	12/27/2007	12/28/2007	12/29/2007
Week Number 5							
Target Heart Rate 139-149							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>December 2007/January 2008</b>						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12/30/2007	12/31/2007	01/01/2008	01/02/2007	01/03/2007	01/04/2007	01/05/2007
Week Number 6							
Target Heart Rate 139-149							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>January 2008</b>						
Day	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Date	01/07/2008	01/08/2008	01/09/2008	01/10/2008	01/11/2008	01/12/2008	01/13/2008
Week Number 7							
Target Heart Rate 139-149							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>January 2008</b>						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	01/14/2008	01/15/2008	01/16/2008	01/17/2008	01/18/2008	01/19/2008	01/20/2008
Week Number 8							
Target Heart Rate 139-149							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>January 2008</b>						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	01/21/2008	01/22/2008	01/23/2008	01/24/2008	01/25/2008	01/26/2008	01/27/2008
Week Number 9							
Target Heart Rate 149-159							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

<b>January/February 2008</b>							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	01/28/2008	01/29/2008	01/30/2008	01/31/2008	02/01/2008	02/02/2008	02/03/2008
Week Number 10							
Target Heart Rate 149-159							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>February 2008</b>						
Day	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Date	02/04/2008	02/05/2008	02/06/2008	02/07/2008	02/08/2008	02/09/2008	02/10/2008
Week Number 11							
Target Heart Rate 149-159							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>February 2008</b>						
Day	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Date	02/11/2008	02/12/2008	02/13/2008	02/14/2008	02/15/2008	02/16/2008	02/17/2008
Week Number 12							
Target Heart Rate 149-159							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

<b>February 2008</b>							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	02/18/2008	02/19/2008	02/20/2008	02/21/2008	02/22/2008	02/23/2008	02/24/2008
Week Number 13							
Target Heart Rate 159-169							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

<b>February/March 2008</b>							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	02/25/2008	02/26/2008	02/27/2008	02/28/2008	02/29/2008	03/01/2008	03/02/2008
Week Number 14							
Target Heart Rate 159-169							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

	<b>March 2008</b>						
Day	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Date	03/03/2008	03/04/2008	03/05/2008	03/06/2008	03/07/2008	03/08/2008	03/09/2008
Week Number 15							
Target Heart Rate 159-169							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							

NAME: JC

STUDY ID: 1831

**March 2008**

	<b>March 2008</b>						
Day	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Date	03/10/2008	03/11/2008	03/12/2008	03/13/2008	03/14/2008	03/15/2008	03/16/2008
Week Number 16							
Target Heart Rate 159-169							
Warm Up	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Exercise	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____	Avg HR: _____
	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper	Equipment (circle one): Treadmill Elliptical Stepper
Cool-down	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Stretching							
Comments							