



The Smart Heart Living Fitness Log is designed as a simple tool to help you stay on track with your fitness program. Eventually this log will be supplemented by an online version.

As with all aspects of Smart Heart Living, we welcome your input and suggestions for improving the site. Use the Contact Us form on www.smart-heart-living.com.

Fitness Log

Print this form, then record your activity according to the headings. HR = heart rate.

Month: _____ My goal(s) this month: _____

My target heart rate: _____ My reward for achieving my goal(s): _____

Date	Activity	Duration	Comments/How I felt/HR
1			
2			
3			
4			
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