NAME:	# SESSIONS PURCHASED:	D.O.B. / /
GOALS:	CONTRAINDICATIONS:	
THR: - BPM - 10 SEC		

DATE																									
CLIENT INTIALS																									
SESS. #																									
CV MODE																									
CV TIME																									
CV LEVEL																									
HR																									
BEATS H R	10 60	11 66	12 72	13 78	14 84	15 90	16 96	17 102	18 108	19 114	20 120	21 126	22 132	23 138	24 144	25 150	26 156	27 162	28 168	29 174	30 180	31 186	32 192		

S	EXERCISE	WT / REPS		WT / REPS		WT / REPS		WT / REPS		WT / REPS

COMMENTS:				
WT/BP:				