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

DATE																								
SESS. #																								
CV MODE																								
CV TIME																								
CV INTEN-SITY																								
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:				