



University of Michigan
Cardiovascular Center

PHASE III / ADULT FITNESS PROGRAM

name & reg #

Aerobic Exercise Log

TARGET HEART RATE:	TO	Beats/Min.
	TO	Beats/10 sec.

Date	Wt.	Rest BP	Rest HR	Level	Time	HR	Level	Time	HR	Level	Time	HR	Level	Time	Level	Time	Final BP
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Developed by Preventive Cardiology, UMHS.

For questions about exercise, call the exercise consultants at:	
Cardiovascular Center	734-936-5627
Cardiovascular Medicine at Domino's Farms	734-998-5666 or 647-7321