

# Redwood Middle School



Name \_\_\_\_\_ Period \_\_\_\_\_ Teacher \_\_\_\_\_

Heart Rate Zone \_\_\_\_\_ (60%) \_\_\_\_\_ (90%)

Date	Time	Heart Rate
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		