

Healthy Heart Log



Name: _____

Date: _____

	Types of exercise	Minutes of exercise	Total Fruits eaten	Total vegetables eaten
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

This will make me feel good about middle school:



Resting Heart Rate: _____

Heart Rate after exercising: _____