Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Run Graph**

**Standard**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Advanced |  |  |  |  |  |  |  |  |  |
| Proficient |  |  |  |  |  |  |  |  |  |
| Basic |  |  |  |  |  |  |  |  |  |
| Below Basic |  |  |  |  |  |  |  |  |  |
| Far Below Basic |  |  |  |  |  |  |  |  |  |

**Act. #** 1 2 3 4 5 6 7 8 910

****

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Act.**  **#** | **Date** | **Description of Activity**  (Mile, PACER, Cooper Test, Etc.) | **Score**  (Time, Distance, or #) | **Standard**  (advanced, proficient, basic…) | **Heart Rate** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
| **6** |  |  |  |  |  |
| **7** |  |  |  |  |  |
| **8** |  |  |  |  |  |
| **9** |  |  |  |  |  |
| **10** |  |  |  |  |  |

** Run Log**

**Maximum HR** 220 - \_\_\_\_\_\_\_\_\_\_\_(Age) = **\_\_\_\_\_\_\_\_\_\_\_**

**Target Heart Rate Zone** (65 – 85% of **Max HR**) = **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ --- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**