Cardiovascular Endurance Program Worksheet

Use this worksheet to plan and record your cardiovascular endurance program. Remember that consistency is the most important aspect of your exercise plan because you cannot maintain the benefits of exercise without it. Effective exercise programs consist of 5–10 minutes of warming up and stretching, 20–30 minutes of sustained exercise and 5–10 minutes of cooling down. Exercise three to five days a week, with no more than 72 hours passing between sessions.

1. Name _____ Week _____

2. Weight _____ Age _____ Sex _____

3. Medical Clearance _____ No restrictions _____ Restrictions (list) _____

_____

4. Fitness level: _____ beginner _____ intermediate _____ good _____ excellent _____ superior

5. Recommended exercise heart rate level _____ to _____

6. Expected caloric expenditure per session (from calorie consumption chart, next page.) _____

Date	Exercise	Calories per minute	Exercise duration	Total calories burned