



My Record Book of Exercise (Paperback)

By Ray L Winstead

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.My Record Book of Exercise provides space for exercisers to record Type of Exercise (e.g., outdoor walking/running, indoor strength training), Type of Equipment used (e.g., treadmill, elliptical, free weights, weight machine), Details (e.g., distance ran, weights used, reps), Heart Rate (HR), Blood Pressure (BP), and Comments (e.g., perceived exertion level, weather, ambient temperature). Space is provided on each page for the date and day of the week, along with three sections to record the information listed above for three different exercise activities for that day. Designed for moderate exercisers this book is in a journal/diary format and would also be a useful exercise log for beginners, as well as for more intense exercisers. In general, space is provided for 200 days of exercise with three activities/sessions per day, one day per page in this 6 x 9 book, in a design that is simple, useful, and functional. Ray L. Winstead, Designer.

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