

**Certified Obesity Management Specialist**

**Exercise Log**

**American College of Wellness**

Date	Resting BP	Resting HR	Activity	Peak HR	Time	Distance/ Level	RPE**	Exit HR	Comments

**\*\*Rate of Perceived Exertion**

- 6 sedentary/rest
- 8 ADL
- 10 warm up
- 12 light
- 14 somewhat hard
- 16 hard
- 18 very hard

**Heart Rate Guide**

Count the number of beats in your wrist for a 10 second count  
 Find the number of beats you counted in the left hand column  
 The corresponding right hand column your heart rate for 1 min

10 _____ 60	17 _____ 102	24 _____ 144
11 _____ 66	18 _____ 108	25 _____ 150
12 _____ 72	19 _____ 114	26 _____ 156
13 _____ 78	20 _____ 120	27 _____ 162
14 _____ 84	21 _____ 126	28 _____ 168
15 _____ 90	22 _____ 132	29 _____ 174
16 _____ 96	23 _____ 138	30 _____ 180