

Stepping Stone Progress Chart



MHR: _____ Date: _____

Week of: _____ Duration: _____

RHR: _____ MHR%: _____ BPM: _____

DHR: _____ 1MRHR: _____

Steps: _____

Date: _____ Date: _____

Duration: _____ Duration: _____

MHR%: _____ BPM: _____ MHR%: _____ BPM: _____

1MRHR: _____ 1MRHR: _____

Steps: _____ Steps: _____

Date: _____ Date: _____

Duration: _____ Duration: _____

MHR%: _____ BPM: _____ MHR%: _____ BPM: _____

1MRHR: _____ 1MRHR: _____

Steps: _____ Steps: _____

Date: _____ Date: _____

Duration: _____ Duration: _____

MHR%: _____ BPM: _____ MHR%: _____ BPM: _____

1MRHR: _____ 1MRHR: _____

Steps: _____ Steps: _____

MHR: Max Heart Rate

RHR: Resting Heart Rate

DHR: Delta Heart Rate

MHR%: Percentage of MHR

BPM: Beats per Minute

1MRHR: 1 minute Recovery Heart Rate