



# Petal & Paper

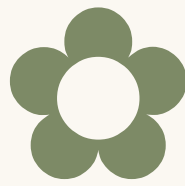
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## HIIT workout tracker



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H I I T   T R A C K E R

# workout log

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**Date** · \_\_\_\_ **Protocol**: \_\_\_\_:\_\_\_\_ (work:rest) **Rounds**: \_\_\_\_

**Exercises** · 1. \_\_\_\_ 2. \_\_\_\_ 3. \_\_\_\_ 4. \_\_\_\_

**Total time** · \_\_\_\_mins **Calories** (approx): \_\_\_\_ **Max HR**: \_\_\_\_bpm

**Completion** · All rounds: ☐ **Rounds completed**: \_\_\_\_/\_\_\_\_

**Difficulty** · **RPE**: \_\_\_\_/10 (6–7 = moderate, 8–9 = hard, 10 = max)

**Recovery** · Heart rate back to normal in: \_\_\_\_mins **Muscle soreness**: \_\_\_\_/5

**Progress vs last session** · Easier ☐ Same ☐ Harder ☐ **Notes**: \_\_\_\_

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