

Planks and Ending Heart Rates for a goal of 10 hours per month

EE_8.doc

5 min = 1 label
 1 min = 5 labels
 1 min = 10 labels
 3 min = 15 labels
 5 min = 25 labels
 10 min = 50 labels
 15 min = 75 labels
 20 min = 100 labels
 30 min = 150 labels
 45 min = 225 labels
 1 hour = 300 labels

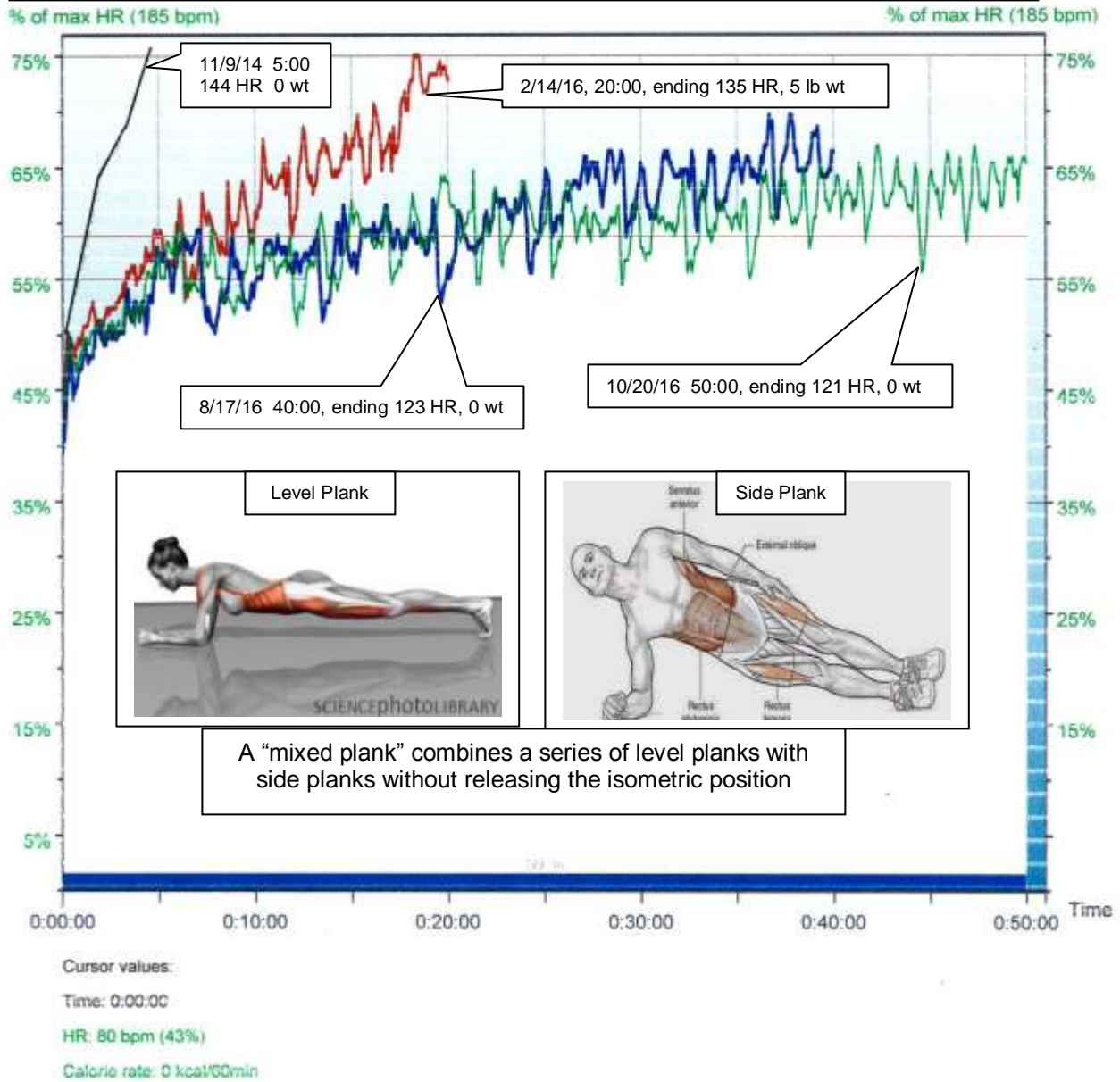
1800 = 30:00 10 5 16
 16:00 0:00 + 1:20-16
 19:00 = 33:00 134 0:00
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 14:00 = 24:00 139
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 17:00 = 27:00 148
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 50:00 = 60:00 117

2016 Annual Calendar

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sun	05:12	1 660 133	2 880 177	1 980 127	1 020 127	1 140 133	1 140 133	1 20 131	1 20 131			
Mon	1 660 133	2 720 126	1 660 133	1 660 133	2 960 142	1 440 144	1 440 144	2 14 109	2 14 109			
Tue	3 660 112	3 660 112	2 900 135	4 900 135	4 900 135	5 720 136	5 720 136	3 20 108	3 20 108			
Wed	4 020 115	4 020 115	3 900 135	5 720 136	5 720 136	6 120 139	6 120 139	4 20 116	4 20 116			
Thu	5 720 126	5 720 126	4 840 135	5 720 136	5 720 136	6 120 139	6 120 139	5 15 97	5 15 97			
Fri	7 20 126	7 20 126	6 120 139	7 20 139	7 20 139	8 140 148	8 140 148	6 25 142	6 25 142			
Sat	2 420 123	2 420 123	3 900 135	4 840 135	4 840 135	5 720 136	5 720 136	7 25 142	7 25 142			
Sun	3 660 112	3 660 112	2 900 135	3 900 135	3 900 135	4 840 135	4 840 135	8 26 142	8 26 142			
Mon	4 820 113	4 820 113	3 900 135	4 840 135	4 840 135	5 720 136	5 720 136	9 20 117	9 20 117			
Tue	5 720 126	5 720 126	4 840 135	5 720 136	5 720 136	6 120 139	6 120 139	10 20 120	10 20 120			
Wed	6 60 112	6 60 112	5 720 136	6 60 112	6 60 112	7 20 139	7 20 139	11 25 134	11 25 134			
Thu	7 360 6	7 360 6	6 120 139	7 20 139	7 20 139	8 140 148	8 140 148	12 20 132	12 20 132			
Fri	8 720 126	8 720 126	7 20 139	8 140 148	8 140 148	9 20 117	9 20 117	13 35 136	13 35 136			
Sat	9 780 134	9 780 134	8 140 148	9 20 117	9 20 117	10 20 120	10 20 120	14 20 124	14 20 124			
Sun	10 60 112	10 60 112	9 20 117	10 20 120	10 20 120	11 25 134	11 25 134	15 20 124	15 20 124			
Mon	11 60 112	11 60 112	10 20 120	11 25 134	11 25 134	12 20 132	12 20 132	16 22 108	16 22 108			
Tue	12 60 112	12 60 112	11 25 134	12 20 132	12 20 132	13 20 132	13 20 132	17 40 123	17 40 123			
Wed	13 480 8	13 480 8	12 20 132	13 20 132	13 20 132	14 20 124	14 20 124	18 21 130	18 21 130			
Thu	14 0	14 0	13 20 132	14 20 124	14 20 124	15 20 124	15 20 124	19 21 136	19 21 136			
Fri	15 660 112	15 660 112	14 20 124	15 20 124	15 20 124	16 22 108	16 22 108	20 0 100	20 0 100			
Sat	16 820 134	16 820 134	15 20 124	16 22 108	16 22 108	17 40 123	17 40 123	21 4 97	21 4 97			
Sun	17 60 112	17 60 112	16 22 108	17 40 123	17 40 123	18 21 130	18 21 130	22 2 200	22 2 200			
Mon	18 60 112	18 60 112	17 40 123	18 21 130	18 21 130	19 21 136	19 21 136	23 25 108	23 25 108			
Tue	19 60 112	19 60 112	18 21 130	19 21 136	19 21 136	20 0 100	20 0 100	24 21 115	24 21 115			
Wed	20 960 164	20 960 164	19 21 136	20 0 100	20 0 100	21 4 97	21 4 97	25 26 117	25 26 117			
Thu	21 60 112	21 60 112	20 0 100	21 4 97	21 4 97	22 2 200	22 2 200	26 20 126	26 20 126			
Fri	22 60 112	22 60 112	21 4 97	22 2 200	22 2 200	23 25 108	23 25 108	27 31 137	27 31 137			
Sat	23 60 112	23 60 112	22 2 200	23 25 108	23 25 108	24 20 124	24 20 124	28 20 126	28 20 126			
Sun	24 60 112	24 60 112	23 25 108	24 20 124	24 20 124	25 10 117	25 10 117	29 30 117	29 30 117			
Mon	25 60 112	25 60 112	24 20 124	25 10 117	25 10 117	26 20 126	26 20 126	30 26 120	30 26 120			
Tue	26 60 112	26 60 112	25 10 117	26 20 126	26 20 126	27 31 137	27 31 137	31 30 117	31 30 117			
Wed	27 0	27 0	26 20 126	27 31 137	27 31 137	28 20 126	28 20 126					
Thu	28 60 112	28 60 112	27 31 137	28 20 126	28 20 126	29 30 117	29 30 117					
Fri	29 60 112	29 60 112	28 20 126	29 30 117	29 30 117	30 26 120	30 26 120					
Sat	30 60 112	30 60 112	29 30 117	30 26 120	30 26 120	31 30 117	31 30 117					
Sun	31 60 112	31 60 112	30 26 120	31 30 117	31 30 117							
Mon	TOTAL JAN	TOTAL FEB	TOTAL MAR	TOTAL APR	TOTAL MAY	TOTAL JUN	TOTAL JUL	TOTAL AUG	TOTAL SEP	TOTAL OCT	TOTAL NOV	TOTAL DEC
Tue	5:12 HR	5:32 HR	6:45 HR	14:45	14:45	14:45	14:45	14:45	14:45	14:45	14:45	14:45

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Mixed Planks depicted by heart rates for 5, 20, 40, and 50 minutes



No	Exercise	Date	Cursor HR	Heart rate	Duration	Note
1	Level plank position AM	11/9/2014	92	35% / 78%	0:05:06.6	Plank, end 144 HR, first 5:00 pl
2	5:00 level + 15:00 mixed planks	2/14/2016	77	32% / 75%	0:20:02.3	Plank, end 135, 5 lb, 0-5=level, ;
3	7:00 level + 33:00 mixed planks	8/17/2016	73	39% / 70%	0:40:02.3	Plank, end 123, 0 wt, 7 min leve
4	6:00 level + 44:00 mixed planks	10/20/16	80	59% / 67%	0:50:02.5	Plank, end 121, 0 wt
5.						

Avg HR 59% = 300 kcals

Max HR

Ending HR