

HealthCalc2000™

Activity History for Sample Man

Date Range: 02/01/1996 - 02/29/1996

The Heart Place

Life Time Points: 1039

Summary	Minimum	Maximum	Average	Total
Minutes / Day	20	150	64	1295
Heart Rate	120	155	139	n/a
Weight (lb)	195	198	196	n/a
KCAL / Day	222	***	547	8761
Miles	3.00	10.00	5.45	76.30
RPE	10	13	12	n/a
Points / Day	10	62	28	601

Detail		Exercise	Heart	Weight				Blood		
Date	Activity	Minutes	Rate	(lb)	KCAL	Miles	RPE	Pressure	Other	Points
02/29/1996	Cycle Ergometer	30	145	195	340	10.00	12	138 / 90		15
02/24/1996	Cycle Ergometer	20	140	195	270	8.00	12	140 / 88		15
02/23/1996	Cycle Ergometer	30	135	195	322	10.00	11	132 / 88		10
02/23/1996	Aerobics	60	145	195	405		11	150 / 60		10
02/23/1996	Walking	60	140	195	550	4.00	12	140 / 88		10
02/21/1996	Mountain Biking	30	140	195	222	5.00	10	120 / 70		10
02/20/1996	Cycle Ergometer	30	140	196	240	10.00	11	142 / 76		10
02/16/1996	Cycle Ergometer	30	130	197	280	8.00	12	132 / 90		10
02/16/1996	Aerobics	60	140	197	510		12	140 / 82		12
02/15/1996	P. Trn. >30 min.	30	140	196	345		13	142 / 88		30
02/15/1996	Weight Lifting	20	130	197	120		13	145 / 95		12
02/14/1996	P. Trn. >30 min.	30	140	197						30
02/14/1996	Run, >20 min.	30	130	197		3.00				20
02/13/1996	Aerobics	60	140	197	380		12	132 / 78		12
02/12/1996	Step Aerobics	60	130	197	320		11	122 / 88		13
02/12/1996	Weight Lifting	20	120	197	120		13	122 / 88		12
02/11/1996	Aerobics	60	140	197	420		12	138 / 90		12
02/11/1996	Run, >20 min.	30	150	197	340	3.00	13	130 / 90		20
02/10/1996	P. Trn. <30 min.	30	140	197	345		12	122 / 88		20
02/10/1996	Run, >20 min.	30	140	197	320	3.00	11	144 / 70		20
02/10/1996	Weight Lifting	20	130	197	242		13	142 / 88		12
02/09/1996	Aerobics	45	135	197	360		12	132 / 90		12
02/09/1996	Nutrition Class			198						25
02/08/1996	Nutrition Class			197						25
02/07/1996	P. Trn. >30 min.	60	150	197						30
02/07/1996	Run, >20 min.	30	145	197		3.00				20
02/06/1996	Step Aerobics	60	140	198	430		13	144 / 88		13
02/06/1996	Wellness Class			198						20
02/05/1996	Step Aerobics	60	145	198	420		12	144 / 90		13
02/05/1996	Wellness Class									20
02/04/1996	Step Aerobics	60	155	198						13
02/03/1996	Run, >20 min.	30	150	198		3.00				20
02/02/1996	Step Aerobics	60	140	198	420		12	142 / 90		13
02/01/1996	Aerobics	60		198	400		12	144 / 86		12
02/01/1996	P. Trn. >30 min.	30	140	198	220	3.00	13	148 / 90		30
02/01/1996	Run, >20 min.	30	145	198	420	3.30	12	134 / 80		20

Total Activities Logged:36