Resting heart rate log

Before you get up, every morning. A rise of five or more for a few days means rest.

MONTH

MY USUAL

DAY	BPM	SLEPT OK	TRAINED YDAY	DAY	BPM	SLEPT OK	TRAINED YDAY
1		☐	☐	17		☐	☐
2		☐	☐	18		☐	☐
3		☐	☐	19		☐	☐
4		☐	☐	20		☐	☐
5		☐	☐	21		☐	☐
6		☐	☐	22		☐	☐
7		☐	☐	23		☐	☐
8		☐	☐	24		☐	☐
9		☐	☐	25		☐	☐
10		☐	☐	26		☐	☐
11		☐	☐	27		☐	☐
12		☐	☐	28		☐	☐
13		☐	☐	29		☐	☐
14		☐	☐	30		☐	☐
15		☐	☐	31		☐	☐
16		☐	☐				

Count for 30 seconds and double it, or use a watch. It drops as you get fitter.