

FES Cycling Tracker

FITNESS TRACKER



Name	
Program	
Goal	

TOTAL DISTANCE

0.0 km

TOTAL TIME

0:00

AVERAGE POWER

0.0 W

TOTAL SESSIONS

0

Summary boxes fill in automatically as you log sessions.

#	Date	Distance Cycled (km)	Time Cycled (h:mm)	Power Output (W)	Status	Resistance Level	Notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

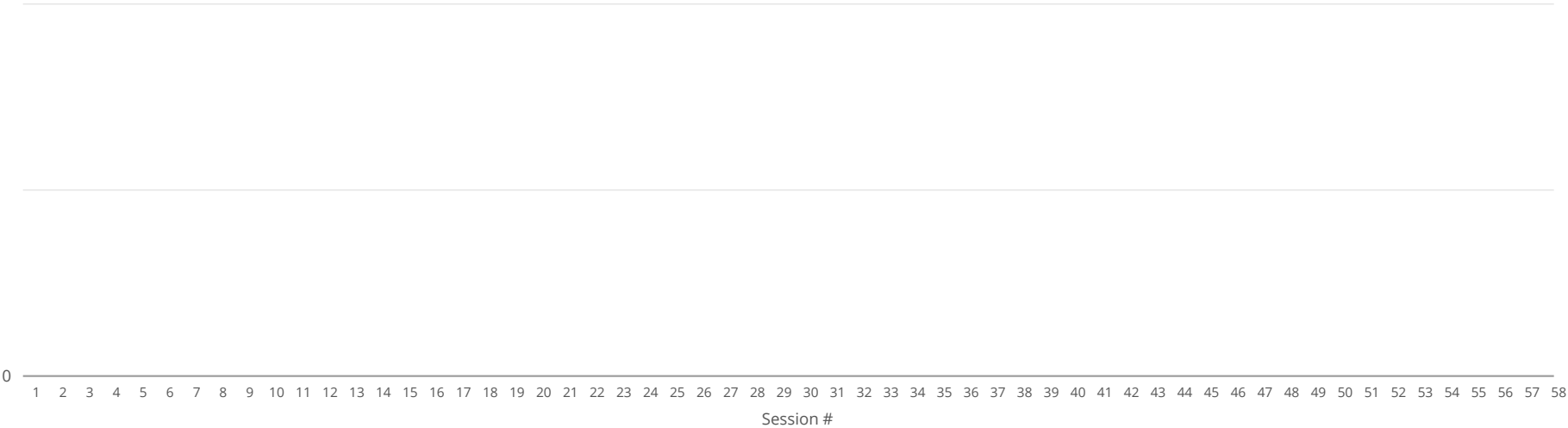
Power (W): the rate of energy production, calculated as pedaling cadence multiplied by crank torque. Watts (W) is the unit used to measure it.

Tip: after filling in your sessions, download or save this PDF to keep your entries. Totals and charts update automatically in Adobe Reader, Chrome and Edge.

#	Date	Distance Cycled (km)	Time Cycled (h:mm)	Power Output (W)	Status	Resistance Level	Notes
15							
16							
17							
18							
19							
20							
21							
22							
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36							

#	Date	Distance Cycled (km)	Time Cycled (h:mm)	Power Output (W)	Status	Resistance Level	Notes
37							
38							
39							
40							
41							
42							
43							
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58							

Distance by Session



Power by Session

