

Name _____ Rank _____ Org _____

Age _____ Resting Heart Rate _____ 60% _____ 70% _____ 75% _____ 80 _____ 85% _____

| DATE | EXERCISE | HEART RATES | | TOTAL TIME | UFPM'S INITIALS |
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McConnell Form 40, 19940601 (IMT-V1)

Name _____ Rank _____ Org _____

Age _____ Resting Heart Rate _____ 60% _____ 70% _____ 75% _____ 80 _____ 85% _____

| DATE | EXERCISE | HEART RATES | | TOTAL TIME | UFPM'S INITIALS |
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About the ITAOP/savePDF Method

The traditional Field-by-Field creation process is extremely ineffective and slow.

The only realistic option to create high-quality forms is the Insert-Text-Anywhere-on-Page (ITAOP) method.

The field creation process is about 10,000 times faster than the traditional method; the list of ITAOP features is not even available for the traditional method.

ITAOP savePDF method proved to be very simple and completely reliable for millions of users all over the world (incl. individuals, companies, organizations, government employees).