

Patient Exercise Prescription

Name		
Date		
Exercise Type		
Exercise Time	Warm Up	
	Exercise	
	Cool Down	
Exercise Frequency		
Exercise Intensity	Target Heart Rate Range	
	RPE	
	MET level	
How to Progress		

RPE Scale		
6		WARM UP AND COOL DOWN RANGE
7	very, very light	
8		
9	very light	
10		EXERCISING RANGE
11	fairly light	
12		
13	somewhat hard	
14		
15	Hard	
16		OVERDOING IT RANGE: slow down
17	very hard	
18		
19	very, very hard	
20		