DAILY EXERCISE LOG

		DAI	LI LALI	CISE E	<i>-</i>				
PRACTICE NAME						Date			
Patient Name						eriod beg	inning		
☐ Target Heart Da	to Pango	to	boots / n	ninuto		6	RPE SCAL	_ _	
☐ Target Heart Rate Rangetobeats / minute to beats / 10 seconds						7 Very, very light			
☐ Rating of Perceived Exertion (RPE)to(See RPE scale)							8		
J = 1.1						9	9 Very light		
Every time you exercise, record the following information in the space						10	10		
below:						11	, ,		
Date of exercise session Type of extinity W Wells - W/ I Wells I am I learn						12			
■ Type of activity: W=Walk W/J=Walk/Jog J=Jog						13			
TM=Treadmill B=Bicycle S=Swim Length of time spent exercising in minutes						14	15 Hard		
Peak heart rate achieved and/or						16			
Peak RPE achieved						17			
Symptoms: record any you may have with exercise.						18	,		
 Comments: note change in symptoms, lack of exercise, etc. 						19	19 Very, very hard		
						20	20		
Week 1: Goal:	minutes	ti	mes ner da	av					
••••••••••••••••••••••••••••••••••••••	1111111111111111111111111111111111	u	inos por ac	ду					
	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Date	6/3/06						 		
Activity	W								
Minutes/Day	30 min								
Peak HR	110						 	_	
Peak RPE (scale)	13 0								
Symptoms	0							<u> </u>	
Comments									
Week 2: Goal:	minutes	ti	mes per da	av					
			•	•					
Data	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Date	6/3/06 W								
Activity Minutes/Dov									
Minutes/Day Peak HR	30 min 110						<u> </u>		
Peak RPE (scale)	13								
Symptoms	0								
•									
Comments									
Key to Symptoms:)=None			3=Dizzine	3=Dizziness		6=Irregular heartbeats		
	I=Angina						7=Unusual fatigue		
	2=Unusual shortness of breath			5=Nausea	•		Silabaai laligab		
Continue to increas		•		•			_		
Final goal: 30 minu	utes or three	10 minute	e sessions.	, 5 day/we	ek, prefera	ably every	dav.		

