DAILY EXERCISE LOG

Date 6/3/06	PRACTICE NAME									
□ Target Heart Rate Rangetobeats / minutetobeats / 10 seconds	Patient Name				For a _	week p	period beg	inning	//_	
							RPE SCALE			
Rating of Perceived Exertion (RPE)								\/om/ \/om	المامة ا	
Surptime you exercise, record the following information in the space below: Date of exercise session	tobeats / 10 seconds							very, very	riignt	
Every time you exercise, record the following information in the space below: Date of exercise session	- Rating of Ferceived Exertion (IXI E)(Oee IXFE Scale)							Very light		
Date of exercise session Type of activity: W=Walk W/J=Walk/Jog J=Jog 13 Somewhat hard TM=Treadmill B=Bicycle S=Swim 14 Semiple S=Swim S=Swim Semiple S=Swim S=Swim Semiple S=Swim S=Swim Semiple Semiple Semiple S=Swim Semiple Semiple S=Swim Semiple Semiple Semiple S=Swim Semiple Semiple Semiple Semiple S=Swim Semiple	Every time you exercise, record the following information in the space						10	, 0		
Type of activity: W=Walk	below:							Fairly ligh	t	
TM=Treadmill B=Bicycle S=Swim 14 15 Hard 16 Peak heart rate achieved and/or Peak RPE achieved 17 Very hard 18 Very, very hard 19 Very, very hard 19 Very, very hard 19 Very, very hard 20 V								Camayuha	4 b a # d	
■ Length of time spent exercising in minutes ■ Peak heart rate achieved and/or ■ Peak RPE achieved ■ Symptoms: record any you may have with exercise. ■ Comments: note change in symptoms, lack of exercise, etc. ■ 17 Very hard ■ 17 Very hard ■ 18 ■ ■ Comments: note change in symptoms, lack of exercise, etc. ■ 19 Very, very hard ■ 20 ■ 20 ■ 20 ■ 20 ■ 20 ■ 20 ■ 20 ■ 20								Somewna	t nard	
■ Peak RPE achieved and/or ■ Peak RPE achieved ■ Symptoms: record any you may have with exercise. ■ Comments: note change in symptoms, lack of exercise, etc. Week 1: Goal: minutes times per day Example	•							Hard		
■ Peak RPE achieved ■ Symptoms: record any you may have with exercise. ■ Comments: note change in symptoms, lack of exercise, etc. 17	 Peak heart rate achieved and/or 							Tialu		
■ Symptoms: record any you may have with exercise. ■ Comments: note change in symptoms, lack of exercise, etc. Comments: note change in symptoms, lack of exercise, etc. 18								Very hard		
Date 6/3/06	Symptoms: r	ecord any yo	ou may ha	ave with ex	ercise.		18	·		
Meek 1: Goal:minutestimes per day Day 3								•		
Example Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7							20			
Example Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7	Week 1: Goal:	minutes	tiı	mes per da	av					
Date 6/3/06				-						
Activity	Data	•	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Minutes/Day 30 min Image: square part of the content o										
Peak HR 110 Image: strict of the context of the contex	•									
Peak RPE (scale) 13 Image: scale of the problem of the										
Symptoms 0 Day 1 Limes per day Example Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Date 6/3/06 Activity W										
Comments Week 2: Goal: minutes times per day Date 6/3/06 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Date 6/3/06 Day 6 Day 7 Day 7 Day 6 Day 7 Day 6 Day 7 </td <td>' '</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	' '									
Meek 2: Goal: minutes times per day Example Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7		<u> </u>		1						
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	week 2: Goal:	minutes	til	mes per da	ау					
Activity W Image: Control of the contro		Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Minutes/Day 30 min	Date	6/3/06								
Peak HR 110 Image: Computation of the computation o	Activity	W								
Peak RPE (scale) 13		30 min								
Symptoms 0 Comments Key to Symptoms: 0=None 3=Dizziness 6=Irregular heartbeats 7=Unusual fatigue										
Comments Key to Symptoms: 0=None 3=Dizziness 6=Irregular heartbeats 1=Angina 4=Leg cramps 7=Unusual fatigue	' '									
Key to Symptoms: 0=None 3=Dizziness 6=Irregular heartbeats 1=Angina 4=Leg cramps 7=Unusual fatigue	Symptoms	0								
1=Angina 4=Leg cramps 7=Unusual fatigue	Comments									
1=Angina 4=Leg cramps 7=Unusual fatigue	Key to Symptoms:)=None			3=Dizzina	3=Dizziness		r heartheate		
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		•	tness of bre	eath	•	•	, =0110300	auguo		
Continue to increase exercise by minutes/day.										

