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		

RP	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			

