

How to Track Your Exercise

The exercise diary is an important communication tool that you fill out on a weekly basis and submit to your rehab team. It is also a good self-management tool for you as you take care of your health. The information on this diary allows you and your team to monitor your home exercise, determine when it is safe to progress your exercise program and track your progress. It is your way of communicating your successes and challenges with your program on a weekly basis. Below are instructions on how to fill in each part of the diary.

It is **important** for you to complete and hand in a weekly exercise diary to your team.

How to Complete an Exercise Diary

Record the **date** you exercised

Record the **type** of exercise

Record the **distance** (in miles or km) and **duration** of your exercise.
*If you are unable to finish your full prescription, please state the reason under "remarks"

Print your first and last name

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 47 Rumsey Road, Toronto, Ontario, M4G 1R7 Group **Colour**
 Supervisor: (416) 597-3422 ext. 5246 Fax: (416)-425-0301 Exercise Prescription:

Record any body strains or pains (e.g. chest discomfort, shortness of breath, leg discomfort, etc.). Record any reasons or comments regarding condition (windy / humid, etc.).

Date (mm/dd)	Type of Exercise	Distance (miles)	Duration (min/sec)	Talk Test		RPE	Symptoms/ Remarks/ Other Activities
				Pass	Fail		
01/02	Walk	1.0 miles	22 min.	✓		13	No symptoms.
01/03	Cycle	-----	15 min.	✓		14	

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Medical Visits & Medication Changes: List any changes in medication and hospital/emergency/lab/doctor's visits

Visits & Reason	Date	Name of Service/Test/Procedure

Medication(s)	Date of Change	Dose/Frequency

Record your RPE (Rating of Perceived Exertion) using the scale provided on the diary.

If you have any medical visits or medication changes during the week, please record the details.

Rating of Perceived Exertion (RPE)

6	
7	Very Very Light
8	
9	Very Light
10	
11	Fairly Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Very Very Hard
20	

Do the Talk Test on your first session and when you feel ready to increase intensity.

Aerobic Exercise:

- Do this 5 times per week (any day of the week)
- One day at the centre and 4 days at home