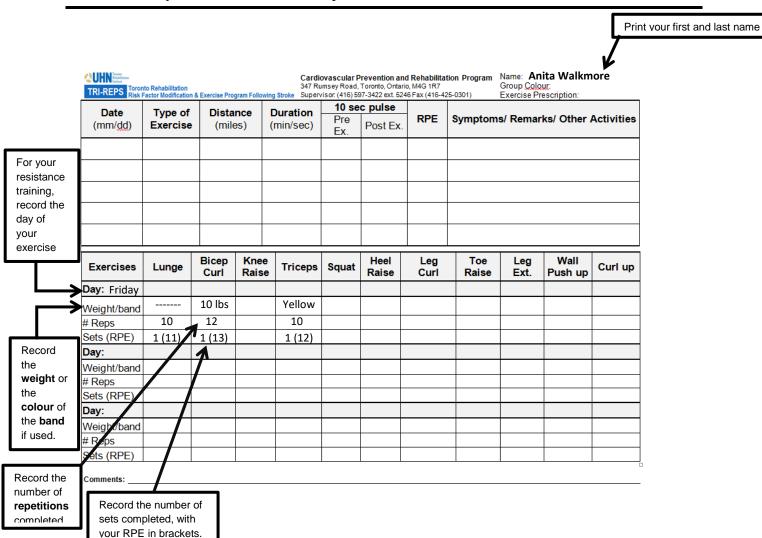
How to Track Your Resistance/Strength Exercise

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



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

f Service/Test/Procedure	Date	Visits & Reason
		7

Medication(s)	Date of Change	Dose/Frequency

Rating of Perceived Exertion (RPE) 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

Aerobic Exercise:

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

Resistance Training:

- Do this 2 to 3 times per week (every other day)
- One day at the centre and two days at home.

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





Remember to gradually increase the number of repetitions to 15. When you can do 15 comfortably, increase the weight or band and drop down to 10 repetitions.