**Phase I Cardiac Rehab: Exercise Log**

*Your weekly exercise plan*

<table>
<thead>
<tr>
<th>Week # ____</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<tbody>
<tr>
<td><strong>Total minutes of aerobic exercise</strong>&lt;br&gt;(warm up + walk + cool down)</td>
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<td><strong>Total minutes of resistance exercise</strong>&lt;br&gt;(warm up + time using elastic bands or weights + cool down)</td>
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<td><strong>Total repetitions (reps) of stretches or warm-up exercises</strong></td>
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<td><strong>Heart rate at rest</strong>&lt;br&gt;(beats per minute, or bpm)</td>
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<tr>
<td><strong>Heart rate after warm up</strong>&lt;br&gt;(bpm)</td>
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<tr>
<td><strong>Heart rate after walk or resistance exercise</strong>&lt;br&gt;(bpm)</td>
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<td><strong>Heart rate after cool down</strong>&lt;br&gt;(bpm)</td>
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<tr>
<td><em><em>Rate of perceived exertion</em> at end of warm up</em>*&lt;br&gt;(RPE of 0 to 10)</td>
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<tr>
<td><em><em>Rate of perceived exertion</em> at end of walk or resistance exercise</em>*&lt;br&gt;(RPE of 0 to 10)</td>
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<td><strong>Total daily steps (if tracked)</strong></td>
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</table>

* See Table 1 - Effort Level RPE in your Phase I Cardiac Rehab handout

**Your thoughts about this week’s exercise plan** (use space on back, if needed):

________________________________________________________________________

________________________________________________________________________
Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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