

Phase I Cardiac Rehab: Exercise Log

Your weekly exercise plan



Week # 1

	MON	TUE	WED	THU	FRI	SAT	SUN
Total minutes of aerobic exercise (warm up + walk + cool down)							
Total minutes of resistance exercise (warm up + time using elastic bands or weights + cool down)							
Total repetitions (reps) of stretches or warm-up exercises							
Heart rate at rest (beats per minute, or bpm)							
Heart rate after warm up (bpm)							
Heart rate after walk or resistance exercise (bpm)							
Heart rate after cool down (bpm)							
Rate of perceived exertion* at end of warm up (RPE of 0 to 10)							
Rate of perceived exertion* at end of walk or resistance exercise (RPE of 0 to 10)							
Total daily steps (if tracked)							

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

Your thoughts about this week's exercise plan:



Scan for a digital copy of this handout.

Week # 2

	MON	TUE	WED	THU	FRI	SAT	SUN
Total minutes of aerobic exercise (warm up + walk + cool down)							
Total minutes of resistance exercise (warm up + time using elastic bands or weights + cool down)							
Total repetitions (reps) of stretches or warm-up exercises							
Heart rate at rest (beats per minute, or bpm)							
Heart rate after warm up (bpm)							
Heart rate after walk or resistance exercise (bpm)							
Heart rate after cool down (bpm)							
Rate of perceived exertion* at end of warm up (RPE of 0 to 10)							
Rate of perceived exertion* at end of walk or resistance exercise (RPE of 0 to 10)							
Total daily steps (if tracked)							

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

Your thoughts about this week's exercise plan:

Week # 3

	MON	TUE	WED	THU	FRI	SAT	SUN
Total minutes of aerobic exercise (warm up + walk + cool down)							
Total minutes of resistance exercise (warm up + time using elastic bands or weights + cool down)							
Total repetitions (reps) of stretches or warm-up exercises							
Heart rate at rest (beats per minute, or bpm)							
Heart rate after warm up (bpm)							
Heart rate after walk or resistance exercise (bpm)							
Heart rate after cool down (bpm)							
Rate of perceived exertion* at end of warm up (RPE of 0 to 10)							
Rate of perceived exertion* at end of walk or resistance exercise (RPE of 0 to 10)							
Total daily steps (if tracked)							

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

Your thoughts about this week's exercise plan:

Week # 4

	MON	TUE	WED	THU	FRI	SAT	SUN
Total minutes of aerobic exercise (warm up + walk + cool down)							
Total minutes of resistance exercise (warm up + time using elastic bands or weights + cool down)							
Total repetitions (reps) of stretches or warm-up exercises							
Heart rate at rest (beats per minute, or bpm)							
Heart rate after warm up (bpm)							
Heart rate after walk or resistance exercise (bpm)							
Heart rate after cool down (bpm)							
Rate of perceived exertion* at end of warm up (RPE of 0 to 10)							
Rate of perceived exertion* at end of walk or resistance exercise (RPE of 0 to 10)							
Total daily steps (if tracked)							

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

Your thoughts about this week's exercise plan:

Week # 5

	MON	TUE	WED	THU	FRI	SAT	SUN
Total minutes of aerobic exercise (warm up + walk + cool down)							
Total minutes of resistance exercise (warm up + time using elastic bands or weights + cool down)							
Total repetitions (reps) of stretches or warm-up exercises							
Heart rate at rest (beats per minute, or bpm)							
Heart rate after warm up (bpm)							
Heart rate after walk or resistance exercise (bpm)							
Heart rate after cool down (bpm)							
Rate of perceived exertion* at end of warm up (RPE of 0 to 10)							
Rate of perceived exertion* at end of walk or resistance exercise (RPE of 0 to 10)							
Total daily steps (if tracked)							

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

Your thoughts about this week's exercise plan:

Week # 6

	MON	TUE	WED	THU	FRI	SAT	SUN
Total minutes of aerobic exercise (warm up + walk + cool down)							
Total minutes of resistance exercise (warm up + time using elastic bands or weights + cool down)							
Total repetitions (reps) of stretches or warm-up exercises							
Heart rate at rest (beats per minute, or bpm)							
Heart rate after warm up (bpm)							
Heart rate after walk or resistance exercise (bpm)							
Heart rate after cool down (bpm)							
Rate of perceived exertion* at end of warm up (RPE of 0 to 10)							
Rate of perceived exertion* at end of walk or resistance exercise (RPE of 0 to 10)							
Total daily steps (if tracked)							

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

Your thoughts about this week's exercise plan:

Questions?

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