

AEROBIC EXERCISE:

TYPE	Time	Level/Speed	Time	Level/Speed	Time	Level/Speed	Time	Level/Speed
Heart Rate Zone:								

Overall Session RPE (6-20)				
Reason for missing session	Med appt	Med appt	Med appt	Med appt
	Holiday	Holiday	Holiday	Holiday
	Sick	Sick	Sick	Sick
	Injured	Injured	Injured	Injured
	Personal	Personal	Personal	Personal
	Work	Work	Work	Work
	Unknown	Unknown	Unknown	Unknown
	Other	Other	Other	Other

Comments / Reasons for Missing Sessions / Adverse Events/ Adherence to prescription:

RATING OF PERCEIVED EXERTION (RPE)	
6	No exertion
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Cool Down Stretches/Diagrams: