

Appendix A: Blank Exercise Log Book Page

Date: _____

Date: _____

PRE-EXERCISE MEASUREMENTS	PRE-EXERCISE MEASUREMENTS
Resting HR: _____ BP: ____/____	Resting HR: _____ BP: ____/____
WARM UP	WARM UP
Time: _____ Type: _____	Time: _____ Type: _____
HR: _____ RPE: _____	HR: _____ RPE: _____
TREADMILL	TREADMILL
Min: _____ MPH: _____ %Incline: _____	Min: _____ MPH: _____ %Incline: _____
HR: _____ RPE: _____ Dist. _____	HR: _____ RPE: _____ Dist. _____
NUSTEP	NUSTEP
Min: _____ Level: _____ Dist: _____	Min: _____ Level: _____ Dist: _____
HR: _____ RPE: _____ SPM: _____	HR: _____ RPE: _____ SPM: _____
UPRIGHT BIKE	UPRIGHT BIKE
Min: _____ Level: _____	Min: _____ Level: _____
HR: _____ RPE: _____ RPM: _____	HR: _____ RPE: _____ RPM: _____
RECUMBENT BIKE	RECUMBENT BIKE
Min: _____ Level: _____	Min: _____ Level: _____
HR: _____ RPE: _____ RPM: _____	HR: _____ RPE: _____ RPM: _____
ARM ERGOMETER	ARM ERGOMETER
Time: _____ Level: _____	Time: _____ Level: _____
HR: _____ RPE: _____	HR: _____ RPE: _____
STAIR STEPPER	STAIR STEPPER
Time: _____ Level: _____	Time: _____ Level: _____
HR: _____ RPE: _____	HR: _____ RPE: _____
HALLWAY WALKING	HALLWAY WALKING
Dist.: _____ Time: _____	Dist.: _____ Time: _____
HR: _____ RPE: _____	HR: _____ RPE: _____
POST-EXERCISE MEASUREMENTS	POST-EXERCISE MEASUREMENTS
HR: _____ BP: ____/____	HR: _____ BP: ____/____
Comments:	Comments:

Appendix A: Blank Exercise Log Book Page

Date: _____

Date: _____

PRE-EXERCISE MEASUREMENTS	PRE-EXERCISE MEASUREMENTS
Resting HR: _____ BP: ____/____	Resting HR: _____ BP: ____/____
WARM UP	WARM UP
Time: _____ Type: _____	Time: _____ Type: _____
HR: _____ RPE: _____	HR: _____ RPE: _____
TREADMILL	TREADMILL
Min: _____ MPH: _____ %Incline: _____	Min: _____ MPH: _____ %Incline: _____
HR: _____ RPE: _____ Dist. _____	HR: _____ RPE: _____ Dist. _____
NUSTEP	NUSTEP
Min: _____ Level: _____ Dist: _____	Min: _____ Level: _____ Dist: _____
HR: _____ RPE: _____ SPM: _____	HR: _____ RPE: _____ SPM: _____
UPRIGHT BIKE	UPRIGHT BIKE
Min: _____ Level: _____	Min: _____ Level: _____
HR: _____ RPE: _____ RPM: _____	HR: _____ RPE: _____ RPM: _____
RECUMBENT BIKE	RECUMBENT BIKE
Min: _____ Level: _____	Min: _____ Level: _____
HR: _____ RPE: _____ RPM: _____	HR: _____ RPE: _____ RPM: _____
ARM ERGOMETER	ARM ERGOMETER
Time: _____ Level: _____	Time: _____ Level: _____
HR: _____ RPE: _____	HR: _____ RPE: _____
STAIR STEPPER	STAIR STEPPER
Time: _____ Level: _____	Time: _____ Level: _____
HR: _____ RPE: _____	HR: _____ RPE: _____
HALLWAY WALKING	HALLWAY WALKING
Dist.: _____ Time: _____	Dist.: _____ Time: _____
HR: _____ RPE: _____	HR: _____ RPE: _____
POST-EXERCISE MEASUREMENTS	POST-EXERCISE MEASUREMENTS
HR: _____ BP: ____/____	HR: _____ BP: ____/____
Comments:	Comments: