

MULTIFIT

Daily exercise log # _____

Name: _____ For the 2 week period beginning: _____ / _____ / _____

- Target Heart Rate Range _____ to _____ beats / minute
 _____ to _____ beats / 10 seconds
- Rating of Perceived Exertion (RPE) _____ to _____
 (See RPE scale)

RPE SCALE	
6	
7	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

Every time you exercise, record the following information in the space below:

- Date of exercise session
- Type of activity: W= Walk W-J= Walk/Jog TM=Treadmill
 J= Jog B= Bicycle S= Swim
- Length of time spent exercising in minutes
- Peak heart rate achieved and/or
- Peak R.P.E. achieved
- Comments: change in symptoms, lack of exercise, etc.

Week 1: Goal: _____ minutes _____ days per week

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date	6/3/96							
Activity	W							
Minutes	30 min							
Peak HR	110							
Peak RPE	13							
Symptoms	0							

Comments: _____

Week 2: Goal: _____ minutes _____ days per week

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date	6/3/96							
Activity	W							
Minutes	30 min							
Peak HR	110							
Peak RPE	13							
Symptoms	0							

Comments: _____

- Key to Symptoms:
- | | |
|---------------------------------|--------------------------|
| 0 = None | 4 = Leg cramps |
| 1 = Angina | 5 = Nausea |
| 2 = Unusual shortness of breath | 6 = Irregular heartbeats |
| 3 = Dizziness | 7 = Unusual fatigue |
| | 8 = Other symptoms |