

You are now ready to continue your exercise program with a new exercise prescription based on your treadmill test results. The following information highlights your exercise test results:

**Initial exercise test:** Date \_\_\_\_\_

Maximum METS: \_\_\_\_\_ Time: \_\_\_\_\_ minutes.

Maximum heart rate: \_\_\_\_\_ beats per minute. Maximum BP: \_\_\_\_\_

Exercise heart rate range: \_\_\_\_\_ - \_\_\_\_\_ beats per minute.

10 Second range: \_\_\_\_\_ - \_\_\_\_\_ beats per 10 seconds.

**Follow-up exercise test:** Date \_\_\_\_\_

Maximum METS: \_\_\_\_\_ Time: \_\_\_\_\_ minutes.

Maximum heart rate: \_\_\_\_\_ beats per minute. Maximum BP: \_\_\_\_\_

Exercise heart rate range: \_\_\_\_\_ - \_\_\_\_\_ beats per minute.

10 Second range: \_\_\_\_\_ - \_\_\_\_\_ beats per 10 seconds.

Try to exercise every day for 30 minutes. This can be split into 10-minute segments. Refer back to your "Home Exercise Guidelines" if you need help.