



MULTIFIT

Home exercise program maintenance form

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.

Remember to exercise at least three to five times per week for 30 minutes. Refer back to your "Home Exercise Guidelines" if you need help.